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Winnipeg metro

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JENNIFER LAWRENCE
Why do these dudes make more than me?
metroLIFE

ELECTION 2015
I ♥ VOTING
Selfies storm ballot box **more in metroNEWS**

Man held, then denied entry to U.S.

BORDER SERVICES

Winnipegger says he was not given a reason, has clean record

A Winnipeg man says U.S. border officials detained him and his family for seven hours and never told him why. Abdelkrim Boulhout says his family was headed to Grand Forks, N.D., to celebrate their youngest son's first birthday and go to a waterpark.

They arrived at the Pembina border crossing on Saturday and were ushered inside while Boulhout says he was questioned for seven hours.

Boulhout, who was born in Algeria but has been a Canadian citizen since 1992, says officials eventually told him he could go back to Canada but asked him to sign a document stating he understood why they denied him entry. He says officials didn't list any reasons on the form, but he agreed to sign it because they threatened to handcuff him and put him in a cell if he refused.

U.S. Customs and Border Protection officials say they're looking into what happened.

"I never had any trouble with the law, ever before," Boulhout said, noting that a criminal record check he obtained for work came back clean.

The family said the children were hungry and no one offered them food. Youzef Boulhout, 5, said he thought his father was in jail and Mohemd Boulhout, 8, said the border guard asked why he wanted to come to the U.S.

"They said why are you coming to this country? You could go to Canada to the other waterpark," Mohemd said. CTV WINNIPEG/THE CANADIAN PRESS

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Events that shaped Playboy's history. **Life**

BYLAWS

Committee endorses bee-keeping study

The bee buzz just keeps building.

The city's property and development committee endorsed a plan Tuesday to study allowing bee-keeping throughout the city, including downtown and industrial lands.

Back in May, the Fort Garry Hotel asked the city's downtown development committee for permission to keep beehives on its roof, but were told the plan couldn't go forward without a change to city zoning bylaws.

In September, the city's downtown development committee voted in favour of zoning changes that would allow downtown rooftop beekeeping.

Chris Kirouac, a beekeeper with Beeproject Apiaries, said at the time he would like to see beekeeping allowed across the entire city eventually, but he thinks the downtown idea is a great way to get the idea rolling.

"Perhaps a trial of the downtown, almost like a downtown-wide pilot project of beekeeping in the downtown would be a great first step," said Kirouac.

The property and development committee directed the city administration to look into the idea of implementing and amending the proposed downtown beekeeping bylaw to apply to the entire city.

That report is expected back in a few months. In the meantime, the city must do consultations on the downtown beekeeping idea and bring it before council, which will likely happen early next year. METRO

Chris Kirouac may get his wish to see urban beekeeping made legal throughout the city. METRO FILE PHOTO

City looking closer at head shop regulation

MARIJUANA

Coun. Eadie says planned store too close to school

Elisha Dacey
Metro | Winnipeg

The city of Winnipeg is one step closer to regulating head shops.

Coun. Ross Eadie made a plea to the property and development committee Tuesday asking them to implement a policy that would limit where head shops can open and operate.

Eadie said a shop plans to open in his area at 1346 Main St. and said it's too close to a local school.

"This is going to be a big place with lots of bongs, glassware to smoke meth… a block and a half from an elementary school.

"There's nothing we can do about it."

Eadie said he wants to see regulation on where head shops can open, like body rub parlours.

"(Head shops) promote a certain lifestyle…Parents don't need to have this in their faces."

Eadie is also concerned people in his area will have to call police constantly over possible illegal activity.

The committee voted Tuesday to have the city study the issue and report back.

The move follows after a medical marijuana dispensary temporarily opened up on Main Street in the summer. Local medical marijuana users sparked up a "smoke-in" in July in front of police to show their support for a local dispensary that was under police investigation.

Glenn Price, owner of Your Medical Cannabis Headquarters on Main Street, claimed police were harassing him for filling medical marijuana prescriptions without a Health Canada licence.

His dispensary has remained closed since August while he fights the issue in the courts.

Councillor Ross Eadie says he would like to see head shops regulated as to where they can open, similar to body-rub parlours. MOUNTAINEER NEWS SERVICE/HANDOUT

> **This is going to be a big place with lots of bongs, glassware to smoke meth … a block and a half from an elementary school.**
> Coun. Ross Eadie

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Voter selfies not worth jail

ELECTION 2015

Be safe in your attempts to get people to polls, says authority

Shane Gibson
Metro | Winnipeg

Elections Canada wants you to know you are more than welcome to smile while voting — you just can't say cheese.

After 3.6 million Canadians hit the polls for early voting over the long weekend — and millions more get ready for the big day Oct. 19 — Elections Canada is reminding voters that taking a selfie while casting your ballot is a big no-no.

In fact posting a duck-face selfie with a marked ballot could land you in jail.

"Voting is secret.... You are not supposed to take selfies," said Elections Canada spokeswoman Marie-France Kenny.

"According to Section 489 of the Act ... it's a summary conviction offence punishable by a maximum fine of $1,000 or a three-month prison term."

Posting while outside the polling station is great. Posting your ballot — like the person on the right did — is a no-no. INSTAGRAM

While it's not technically against the rules to take a picture while waiting to vote at the polls, Kenny said it's a big-time offence to openly state who you are voting for while inside the polling station — which, of course, would happen if you post a photo of your marked ballot.

> **A lot of people pay attention to Facebook, Twitter and Instagram for news.**
> Kerry Bertoncello-Dale

Kenny suggests voters play it safe and leave their phones in their pockets until they're outside the polling station.

That's what Kerry Bertoncello-Dale did after voting in Winnipeg over the weekend.

The 24-year-old says he posted a photo of himself next to the yellow Elections Canada sign outside his polling station to remind his friends to vote.

"I did it to raise awareness and to show everybody that I went and voted," said Bertoncello-Dale. "We're in such an electronically charged age, and a lot of people pay attention to Facebook, Twitter and Instagram for news. I think when people see people their age voting, they say, 'Maybe I should look into this and vote.'"

Kenny said that if Elections Canada finds out about anyone sharing a photo of a marked ballot, they inform the commissioner of Canada Elections, who can start an investigation.

DEMOCRA-SINS

Other things you cannot do while voting:

Use a megaphone: Section 165 of the Elections Act bans anyone from using a "loudspeaking device within hearing distance of a polling station on polling day for the purpose of promoting or opposing a political party."

Wear party colours: Section 166 (b) of the Act bans wearing "any emblem, flag, banner or other thing that indicates the person supports or opposes any candidate or political party."

Manitoba.ca/bedbugs

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PANTAGES PLAYHOUSE

THEATRE LITTLE THING BIG THING OPENS PTE SEASON Jennifer Lyon and Gordon Gammie star in Little Thing Big Thing, which will kick off Prairie Theatre Exchange's 2015-16 season, starting Tuesday and running until Nov. 1. CONTRIBUTED

Osborne project approved

APARTMENTS

No public presentations allowed at meeting

A controversial high-rise apartment project opposed by some Osborne Village residents is one step closer to become a reality in their neighbourhood. The city's property and development committee voted in favour of the seven-storey, 78-unit apartment block at their meeting Tuesday. The building would rise behind the Osborne Village Safeway on four lots on Roslyn Road, and would see the demolition of two homes that are more than 100 years old, including former heritage building, Dennistoun House at 166 Roslyn St.

The city stripped Dennistoun House of historic designation back in 2009. Opponents who spoke to Metro earlier in the summer said the new building will bring too much traffic and wouldn't fit with the character of the neighbourhood.

"These are magnificent looking homes, and I think we should be trying to keep the older character look in this area, and now we are losing two more character homes," said 20-year-old Madison Hadlow, who lives in the area. "I think it's ridiculous."

The caretaker of the two 100-year-old-plus buildings, who didn't want his name published, has previously told Metro both have serious foundation problems. He said he isn't sure they'll survive much longer in their current condition, or would be worth fixing. The project still needs the approval from the mayor's executive policy committee and the nod from council as a whole. METRO

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Scary story is a winner

WRITING CONTEST

Winnipeg author's tale of terror gets published

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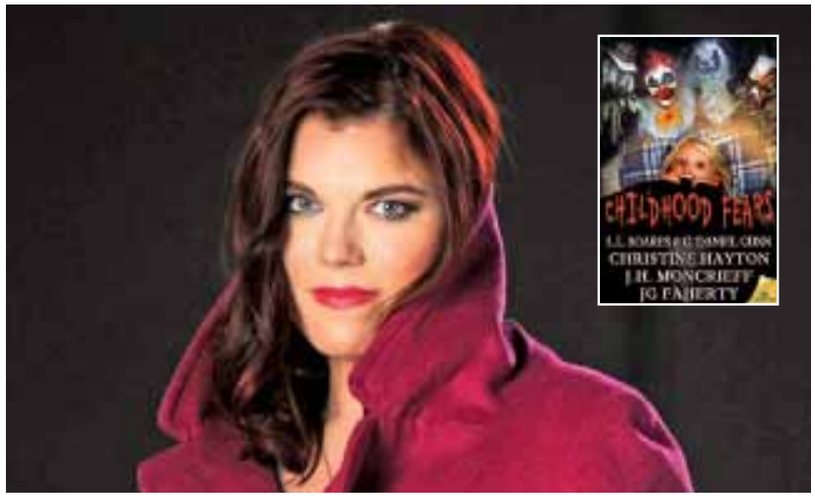
for Metro | Winnipeg



Author Holli Honcrieff. COURTESY JOEL ROSS

If you think happy endings are overrated, Holli (J.H.) Moncrieff has some books for you to read.

The Winnipeg writer's novella, The Bear Who Wouldn't Leave, just came out in paperback as part of Samhain Publishing's Childhood Fears collection of four short stories.

Though we won't reveal what kind of ending the story has, Moncrieff said it's the freedom to be unpredictable in horror that's always drawn her to the genre, as a reader and a writer.

"I love the unpredictability of horror. If you read a romance or you read even a psychological thriller, you know that in the end the protagonist will triumph and the bad guy will slink off into the darkness, or get killed or go to jail, or whatever, but horror, you don't know," Moncrieff said.

"I find that keeps it really interesting.

The Bear Who Wouldn't Leave was selected as a winning entry in Samhain Publishing's writing competition back in May and was published then as an ebook.

Moncrieff's novella, along with three others, is now available in paperback.

The 85-page novella tells the story of Josh, a 10-year-old boy struggling with the death of his father. It's a classic cursed toy story, Moncrieff said, but also explores how our fears can shape the world we live in.

Winning the Samhain contest has been a big help to Moncrieff's writing career. She said she's determined to go the traditional publishing route, rather than try self-publishing.

Samhain, she said, walks the line between major and independent publisher, and she likes that.

"Samhain is kind of straddling both worlds," she said.

"You would never call them a small publisher, they're one of the largest independent presses in the States, and definitely one of the largest for horror … it's the best of both worlds."

You can find Moncrieff online at jhmoncrieff.com.

> **If you read a romance … you know that in the end the protagonist will triumph … but horror, you don't know.**
> Holli Moncrieff

SHOWTIME

Odysseo shows encore

Manitobans' love for Odysseo is being reciprocated one more time: The "two-hour waking dream" is being extended to Nov. 1.

The wildly popular show, which features 65 horses and 45 riders, acrobats, dancers and musicians performing under the White Big Top off Kenaston Boulevard, opened in Winnipeg on Sept. 10 and was originally scheduled to run just over a week. Its first extension took it to Oct. 4 and additional performances have been added several times since.

Founder and artistic director Normand Latourelle said prior to the show's opening that he had to be convinced by the city, province and True North Entertainment to bring Odysseo here, because he feared Winnipeg was too small to support the massive production.

He was wrong.

A day before it opened, he told the media Winnipeg had come close to smashing a ticket pre-sale record of 40,000 seats sold. METRO

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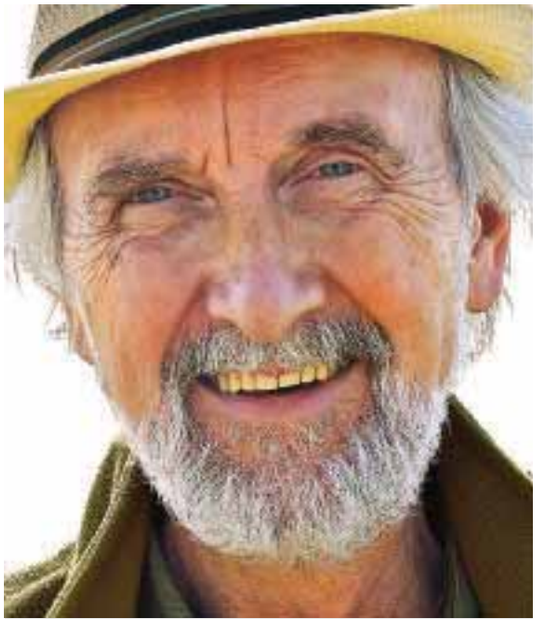

CHILDREN'S ENTERTAINMENT THE CAT IS COMING BACK Fred Penner is coming back to Winnipeg. The children's entertainer is set to play the Burton Cummings Theatre Dec. 19. The show — touted for fans young and old — will include his back-up band The Cat's Meow Band led by Paul O'Neill, and guest appearances by his daughter, LA-based indie/pop singer W. Darling, and Al Simmons. Tickets for the show go on sale Oct. 16 through Ticketmaster. CONTRIBUTED

ROCK 'N' ROLL BLUE RODEO RETURNS Jim Cuddy of Blue Rodeo performs at the Junos in 2011. The iconic Canadian rockers will play MTS Centre January 15 as they tour across the country in support of their new album, Live At Massey Hall. Tickets for the show are $29.50, $59.50, and $79.50 and go on sale Oct. 16 through Ticketmaster. GETTY

IN BRIEF

Former Canadian Wheat Board starts construction on terminal in Ontario

The entity formerly known as the Canadian Wheat Board is building a new terminal to ship grain from Ontario.

G3 Canada Ltd. said Tuesday they have already started construction on a new lake terminal at the Port of Hamilton. Grain shipped there will be exported globally. G3 CEO Karl Gerrand said the ultimate goal is to build a Canada-wide network of grain exchange. "Grain exports from Southern Ontario have been increasing for some time now. We look forward to expanding our relationship with farmers in the province, and will work hard to establish G3 as the partner of choice in marketing their grain."

The facility will hold 50,000 metric tonnes of grain at any given time and will be found at Pier 26 at the Port of Hamilton. The facility is expected to open before the 2017 harvest. METRO

10-month crime spree ends with man's arrest

John David Nickerson, a 26-year-old Winnipeg man, is facing numerous charges following a string of break-ins over a 10-month span, beginning in March 2015 and ending on Oct. 10.

According to police, the first break in was to a business in the 1400 block of Spruce Street on March 10. The suspect took a break until June 3 when he broke into a Denison Place garage and stole property.

The thefts continued, and culminated with three hits to one business in the 600 block of Empress Street where the suspect caused damage, stole property and confronted staff at the business. METRO

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LED bulbs can replace incandescent bulbs in just about every application. Most are dimmable, they achieve full brightness immediately; can be used outdoors as they perform well in colder temperatures and they work well for cycling or on/off use. With these considerations in mind, performance can still vary, so always read the packaging and the manufacturer's instructions.

When shopping for light bulbs look for the ENERGY STAR® label. ENERGY STAR® certified bulbs are all tested according to the same standards; are required to be properly labeled, and come with a warranty. When in doubt, look for the ENERGY STAR® logo.

LEDs will save you time and money. They use 80% less electricity than incandescents and do not need to be replaced as often saving you on the cost of replacement bulbs. You can save more than $90 per bulb over its lifetime.

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READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians

Protesters march during a rally held in Vancouver in June last year to show opposition to the Enbridge Northern Gateway pipeline. Use of social media, the spread of "citizen journalism," and the involvement of young people are among the key trends highlighted by a federal analysis of protest activity in Canada over the last half-decade. THE CANADIAN PRESS FILE

Talking 'climate change lite'

ROSEMARY WESTWOOD
Metro

So much for climate change in this election.

No, no. I get it. We've got a lot going on. There's the stumbling economy, a global refugee crisis, child-care worries, housing problems, growing income inequality and, of course, the niqab.

So what, I guess, that Canadians still rank climate change high on their list of voting priorities?

This could have been the big one. The election where fear over climate change and federal policy finally got into bed together. The election where leaders offered bold visions of the future. A pivot from the oilsands, towards something new.

It's only partly our fault. Our elected leaders are also to blame.

But let's start with you, earnest voter who is worried about the health of our environment.

You are all but certainly not voting Conservative.

If you were to vote based on purely environmental policies, you would vote Green, the party that remains the most comprehensive on climate change and the environment.

Perhaps you're one of the 3.9 per cent of Canadians who did vote Green in 2011. More likely, your vote is destined for the NDP or the Liberals. Of the two, the NDP has the more aggressive emissions-reduction target (actually, the Liberals have no target whatsoever), but really, let's be honest: Whether you vote NDP or Liberal, you'll assume it's a vote for the environment because both are so dramatically better than the Conservatives on this. It's the equivalent of asking someone out to a fancy dinner, ending up at a burrito joint, and saying at least it's not McDonald's.

But like I said. It's only partly your fault. How can you take someone out for a $50 steak when no one (viable) is selling it?

> **"It's not like they're making it central to their campaigns.**
> Matthew Paterson

"It's not like they're making it central to their campaigns," says Matthew Paterson, a politics professor at the University of Ottawa and a fellow at the Broadbent Institute.

A supreme understatement.

"I've been completely appalled by the level of discourse in this campaign," says David Boyd, an environmental lawyer, professor and author of the new book The Optimistic Environmentalist. "The world is changing. The dramatic upsurge in renewable energy generation, the huge economic potential of clean tech, these are revolutionary economic shifts that are underway."

Our "myopic focus" on fossil fuels, pipelines and coal, is bad economic policy, too, he says.

Louise Comeau, executive director of Climate Action Network Canada, the coalition of Canada's leading environmental groups, calls the election "worse than a missed opportunity — almost irresponsible." Continuing to present the economy and environmental protection as at odds is "putting the country at risk of really damaging our economy," she says.

The UN would agree. It backed a report released last month that warned our resource-based economy is in danger as the other nations strive to reduce their energy consumption.

To absorb the media in the last few years, in particular last year's UN's Intergovernmental Panel on Climate Change report, is to assume climate-change Armageddon is one domino away.

And yet, in the midst of this global frenzy over the fate of the earth, the Canadian federal election campaign comes along, and the main message is about the little picture. Income splitting, taxes on the rich, balanced or unbalanced budgets, niqab, niqab, niqab. Only the Greens are explicitly against pipelines. All other parties are talking climate change lite.

And perhaps we're only one round of electoral reform away from a campaign where you wouldn't have to be so afraid to vote Green, for fear you'd let the very opposite hold on to power.

But the Greens have been offering heavy environmentalism for years now, and only a fraction of us have been biting. Any politico will tell you, it's the economy, stupid.

So, dear voter, it's us — and it's them.

And I'm fairly sick, by now, of hearing that Canadians care about climate change. I'd rather see this country vote like it.

Maybe next time?

2015 ELECTION COUNTDOWN

Rosie Westwood reflects on the key issues.

- TUES. Women
- **WED. Environment**
- THURS. Canadian values
- FRI. Youth engagement

QUICK GUIDE
ENVIRONMENT

Here's a breakdown of climate-related promises and legislative measures from the **NDP**, **Liberals**, **Conservatives** and **Greens**.

	ON CARBON EMISSIONS	ON PROPOSED PIPELINES
NDP:	• Pledged to reduce emission by 34% below 1990 levels by 2025, and 80% by 2050. • Would create cap-and-trade to set carbon market price. • Would redirect fossil-fuel subsidies to clean-energy.	• Opposes Enbridge Northern Gateway pipeline. • Calls for more rigorous reviews of TransCanada Energy East pipeline. • Opposes TransCanada Keystone XL pipeline.
Liberals:	• Would allow provinces to set prices on carbon. • Would consult with provinces to set-reduction targets. • Would phase out fossil-fuel-industry subsidies.	• Oppose Northern Gateway • Support Energy East. • Support Keystone XL.
Conservatives:	• Promised to reduce emissions by 30% below 2005 levels by 2030 • Pledged to move to a low-carbon economy by 2050 and eliminate fossil fuels by century's end.	• Approved Northern Gateway. • Support TransCanada Energy East. • Support TransCanada Keystone XL.
Greens:	• Would tax carbon emissions, with proceeds going to individual citizens via a "carbon dividend."	• Oppose all pipeline projects but support refining bitumen in Alberta, provided oilsands development is limited to current levels.

LATEST POLL LIB 37% CON 31% NDP 24%

Source: Ipsos Reid/Global

Tories aim for Grits' tax plans

ELECTION 2015

Harper's 'cash on the table' stunt may be for attack ads

All three major party leaders were in the greater Toronto area on Tuesday, as polls suggest swathes of Ontario are up for grabs. JONATHAN HAYWARD/THE CANADIAN PRESS

Conservative Leader Stephen Harper is literally putting cash on the table in an effort to halt the momentum of Justin Trudeau's Liberals in the closing days of the federal election campaign.

With just five days of campaigning left before Canadians go to the polls next Monday, the Conservatives have twice staged low-tech stunts designed to illustrate how much they say Liberal tax changes will cost voters as Harper attempts to pick apart the Liberal platform.

The prime minister played the role of game show host again Tuesday at a partisan rally in west-end Toronto, calling out Liberal tax increases as a pizza store owner counted bills onto a table to the backdrop of a loudly ringing cash register.

"The tax hikes the Liberals talk about, they are not just numbers in a pamphlet," said Harper, without jacket or tie and with his blue shirt sleeves rolled up.

"They are real dollars and I want to show you again today what the payroll tax hikes look like."

Conservative party videographers took tight shots as pizza store owner Dino Ari laid bills on a table to repeated "ka-chings" from a cash register.

"Hand it over, Dino," Harper coached. "I hope you counted that carefully."

The Conservatives staged a similar display on the Thanksgiving weekend and the stunt appears destined for party advertising in the final moments of this extraordinary 78-day campaign, the longest in modern Canadian history.

All three major party leaders were in the Greater Toronto Area on Tuesday morning as polls continue to suggest an electorate in flux and swathes of seat-rich Ontario up for grabs.

There's also compelling evidence of a motivated electorate.

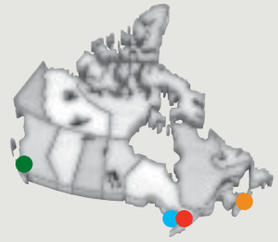
An estimated 1.2 million voters cast ballots in advance polls Monday, according to Elections Canada, bringing the four-day holiday weekend total to more than 3.6 million ballots cast. That's an increase of 71 per cent over advance ballots in the 2011 election, when only three days of advance polls were held.

Antipathy to Harper's Conservatives appears to be the only unifying element among the various challengers to the throne.

"I got into politics because I disagreed deeply with the vision that Stephen Harper has for this country and there is no circumstances in which I could either support him or even stand back and allow him to be prime minister," Trudeau said when asked about a potential minority Conservative government.

The Liberal leader, who ventured into an NDP-held riding in Toronto, appears to be trying to peel off voters from both the NDP and Tories, while hoping to win over strategic voters who might see an incumbent NDP MP as the best vehicle for removing Harper from office. THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** will be in Brantford.
- **Justin Trudeau** will be in Ontario in Hamilton, Welland, St. Catharines and Ajax.
- **Tom Mulcair** will be in Dartmouth, N.S., and L'Assomption.
- **Elizabeth May** will be in Vancouver

Federal election day is Monday

Are you ready to vote?

If you're a Canadian citizen, 18 or older, you can vote in the federal election.

Your voter information card tells you when and where to vote.

If you didn't receive your card, you can still register and vote at your polling place.

To find out where to vote, and what ID to bring, visit **elections.ca** or call **1-800-463-6868 (TTY 1-800-361-8935)**.

Elections Canada has all the information you need to be ready to vote.

Ready to vote
October 19, 2015

Elections Canada

Harper 'betrayed' me: Fahmy

MEDIA FREEDOM

Journalist says Prime Minister was too mild in approach

Freed journalist Mohamed Fahmy lashed out at Prime Minister Stephen Harper on Tuesday, accusing him of washing his hands of his case when intervention with the highest levels of the Egyptian government was most needed.

Speaking at a news conference in Toronto, Fahmy said he initially refused to believe Harper was not bringing his full weight to bear on Egyptian authorities.

> **You do know who I am not voting for. That's for sure.**
> Mohamed Fahmy

"While you here citizens in Canada and around the world clearly understood the urgency of the situation we faced in prison in Egypt, the Harper government did not," Fahmy said.

"Sitting in that prison cell, it was difficult not to feel betrayed and abandoned by Prime Minister Harper."

Instead of taking action to lean on the Egyptian President Abdel-Fattah el-Sisi, Fahmy said Harper turned the case over to lower-level members of his government who simply didn't have the power to help.

Fahmy, 41, was the Cairo bureau chief for Al-Jazeera English when he was arrested in Egypt in 2013 with two colleagues. He was ultimately convicted of terror-related charges and sentenced to three years in prison in a widely condemned retrial this year for airing what a court described as "false news" and coverage biased in favour of the now-banned Muslim Brotherhood.

Fahmy, who finally arrived in Toronto on Sunday after el-Sisi pardoned him, met Liberal Leader Justin Trudeau on Monday evening and NDP Leader Tom Mulcair on Tuesday to talk about issues of media freedom.

Both opposition leaders had tried to help during his long ordeal and the meetings, he said, were not to be taken as a political endorsement for the Oct. 19 election.

Canadian journalist Mohamed Fahmy addresses a news conference Tuesday hosted by Canadian Journalists for Free Expression while his wife Marwa Omara looks on at Ryerson University in Toronto. FRANK GUNN/THE CANADIAN PRESS

"I'm a journalist; I cannot endorse anyone," he said after meeting Mulcair. "One of the things I was concerned about in my own case was the magnitude of the overlap between journalism and politics and I don't want this to be repeated."

Still, he expressed gratitude to the NDP leader and party for their support.

"You do know who I am not voting for. That's for sure."

At his earlier news conference, Fahmy did say that members of the Conservative government had been unwilling to talk to him or his lawyers during his long ordeal.

"There are no words to describe when you are wrongfully convicted and sitting in a cold cell infested with insects nurturing a broken shoulder," Fahmy said. "But when you're there, your only hope is that your prime minister will do everything in his power to get you out of there."

A senior government official, who spoke on condition of anonymity, said Harper did speak with Egypt's president and sent several letters on Fahmy's behalf.

Fahmy said if that happened, he was "thankful" but that Harper should have been "more transparent" about making such a call. There's little doubt Canada's stance was "very mild." He also accused former foreign affairs minister John Baird of prolonging his incarceration when he said Canada would not prosecute Fahmy if Egypt kicked him out.

He also drew attention to other journalists who remain in prison for simply doing their jobs and he blasted Al-Jazeera — he is suing the network — for failures and distortions he said led to his imprisonment.

Fahmy, who moved to Canada with his family in 1991, is to be an adjunct professor at the University of British Columbia's school of journalism in Vancouver. He is also writing a book about his experiences.

THE CANADIAN PRESS

EMERGENCY PREPAREDNESS

Quebec, B.C. shaking things up with massive earthquake drills

Get ready for the Great Shakeout. On Thursday, drills in British Columbia and Quebec will provide people with the opportunity to learn how to be safer during earthquakes.

B.C. organizers say 750,000 people have registered for that province's event, which will see participants drop to the ground at 10:15 a.m. local time, take cover by getting under a table or desk and hold on for about 60 to 90 seconds.

The exercise, which happens yearly on the third Thursday in October, was first held in British Columbia in 2011.

Alison Bird, a seismologist with Natural Resources Canada, is urging Canadians to take steps to prepare for an earthquake — not just in southwestern B.C. where there's a high risk— but across the country.

She stresses the worst thing a person can do is to run through a building.

Over the centuries, earthquakes in Canada have claimed at least 30 lives, with most of them victims of a tsunami that hit Newfoundland in 1929.

Bird says there are approximately 4,000 earthquakes a year in the West and about another 2,000 in the East.

Her colleague, Maurice Lamontagne, who monitors Eastern Canada, says there are three active seismic zones in Quebec.

THE CANADIAN PRESS

106TH CONVOCATION AUTUMN 2015

Friday, October 16th
9:30 A.M.

Dr. David F. Anderson Gymnasium
Duckworth Centre,
400 Spence Street

Please join The University of Winnipeg community as we celebrate the achievements of more than 350 dedicated students who will receive their degrees, to be conferred in:

Arts
Business and Economics
Education
Graduate Studies
Kinesiology
Science

An Honorary Degree, The University of Winnipeg's highest distinction, will be conferred upon:

Dr. David Suzuki, Science broadcaster and environmental activist

Watch the ceremony online at uwinnipeg.tv/live | uwinnipeg.ca/convocation

THE UNIVERSITY OF WINNIPEG

Rebels shot down MH17: Dutch report

COLLATERAL DAMAGE

Russians deny involvement

The missile shot skyward from war-ravaged eastern Ukraine. With deadly accuracy more than six miles up, it detonated just in front of the Malaysia Airlines jetliner, sending hundreds of jagged steel shards ripping through its aluminum skin at up to 9,000 km/h and shearing the cockpit from the rest of the plane.

The two pilots and purser in the cockpit died instantly, and the Boeing 777 disintegrated and fell to earth, killing the rest of the 298 men, women and children aboard Flight 17 on July 17, 2014, Dutch investigators said Tuesday in a long-awaited report.

Some of the victims may have been conscious for 60 to 90 seconds, the Dutch Safety Board said, but they probably were not fully aware of what was happening in the oxygen-starved, freezing chaos. The tornado-like airflow surging through the doomed jet as it came apart was powerful enough to tear off people's clothes and leave naked corpses amid the fields of sunflowers.

With the reconstructed cockpit displayed behind, Tjibbe Joustra, head of the Dutch Safety Board presents the board's final report into what caused Malaysia Airlines Flight 17 to break up high over Eastern Ukraine last year, killing all 298 people on board. PETER DEJONG/THE ASSOCIATED PRESS

The 15-month Dutch investigation blamed a Soviet-made surface-to-air Buk missile for downing the Amsterdam to Kuala Lumpur flight, but it did not explicitly say who had fired it. It identified an area of 320 square kilometres where it said the launch must have taken place, and all of the land was in the hands of pro-Russian separatists fighting Ukrainian forces at the time of the disaster, according to daily maps of fighting released by the Ukrainian National Security Council.

The Dutch Safety Board also found that the tragedy wouldn't have happened if the airspace of eastern Ukraine had been totally closed to passenger planes as fighting raged below.

Russian officials were prompt to dismiss the Dutch report, with Deputy Foreign Minister Sergei Ryabkov calling it an obvious "attempt to make a biased conclusion, in essence to carry out a political order." THE ASSOCIATED PRESS

U.S. DEMOCRATIC PRIMARY

Scandals hound Clinton into debate

Hillary Rodham Clinton entered Tuesday night's first Democratic debate a weakened front-runner, anxious to move past the controversy over her email practices and persuade voters she's the best-qualified candidate to lead the party to a third straight term in the White House.

Clinton, the former secretary of state, faces her biggest challenge this election cycle from Bernie Sanders, the rumpled independent senator from Vermont who has energized liberals with his call for a "political revolution."

> **"I'm a little different from those who say 'free college for everybody. I am not in favour of making college free for Donald Trump's kids.**
> Hillary Rodham Clinton

Joining them on stage in Las Vegas was a trio of low-polling candidates looking for a breakthrough moment: former Maryland Gov. Martin O'Malley; Jim Webb, a former Navy secretary and U.S. senator from Virginia, and Lincoln Chafee, the Republican-turned independent-turned Democrat from Rhode Island.

While Clinton maintains financial and organizational advantages over her Democratic rivals, months of Republican criticism of her use of personal email and a private Internet server while in the Obama administration have shadowed her campaign and hurt her standing with voters. The Associated Press reported Tuesday that Clinton's server was connected to the Internet in ways that left it somewhat vulnerable to hackers.

Meanwhile Sanders is looking to broaden his appeal to more Democratic voters. The self-described democratic socialist, who is drawing massive crowds and challenging Clinton's fundraising prowess, has called for breaking up big Wall Street banks, expanding Social Security and providing free tuition to public colleges and universities. THE ASSOCIATED PRESS

AFGHANISTAN

Taliban pulls out of northern city

The Taliban said Tuesday they are withdrawing from Kunduz, a strategic northern city that briefly fell to the insurgents last month, as an Afghan official said life there is returning to normal.

Taliban spokesman Zabihullah Mujahid said in an email to media members that the group's fighters are retreating to avoid further civilian casualties.

Hamdullah Danishi, the acting governor of Kunduz province, said shops and markets in the city had reopened and residents were venturing out of their homes. He said troops were continuing to search the city, suspecting that some insurgents had remained behind.

"Afghan security forces are in control of the whole city," said Gen. Mohammad Qasim Jungulbagh, provincial police chief of Kunduz.

Taliban insurgents were present on the outskirts of the city, and were mostly holed up in the Chahar Dara district, a longtime stronghold, Jungulbagh said. THE ASSOCIATED PRESS

IN BRIEF

Huge cocaine seizure

Authorities in the French Caribbean island of Martinique say they have seized 535 kilograms of cocaine destined for Europe.

Officials said in a statement Tuesday that the drugs were found aboard a Belgium-flagged boat located more than 740 kilometres from Martinique. They said two unidentified suspects have been arrested.

Authorities have seized more than seven metric tons of drugs so far this year. THE ASSOCIATED PRESS

Batteries in checked luggage a fire risk

The government is strongly urging airlines to tell passengers not to pack spare lithium batteries in checked luggage because they can ignite and fuel fires in baggage compartments.

The safety alert issued Tuesday by the Federal Aviation Administration recommends that airlines tell passengers this when they are being ticketed and checking their bags, including those checked at gates. THE ASSOCIATED PRESS

ISRAEL

End violence by any means: PM

Israel's prime minister on Tuesday said he would take a series of "aggressive steps" to halt a wave of violence in Israeli cities after two attacks in Jerusalem left three Israelis dead. Three Palestinians, including two attackers, were also killed.

The attacks in Jerusalem, including a deadly shooting and knifing spree on a bus and a violent hacking attack caught on video, escalated the monthlong unrest and raised the pressure on Prime Minister Benjamin Netanyahu to take action. The government has been unable to stop the violence, carried out mostly by young Palestinians unaffiliated with known militant groups and apparently acting on their own.

"Today we will decide on a series of additional aggressive steps in our war against terrorists and inciters," Netanyahu said in a speech to parliament. "We will use, and not hesitate to use, all means at our disposal to restore calm." THE ASSOCIATED PRESS

Israeli ZAKA emergency response members carry the body of a Palestinian at the scene of a shooting attack in Jerusalem, Tuesday. SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

PORTUGAL

Sephardic Jews return to ancestral home

Portugal has started granting citizenship rights to the descendants of Jews it persecuted five centuries ago.

The Justice Ministry said Tuesday that on Oct. 2 it approved the first three of more than 200 applications it has received so far. The other applications are still being processed following a law that began in March.

Seeking to make amends for past wrongdoing, both Portugal and Spain adopted laws this year allowing citizenship for descendants of Sephardic Jews — the term commonly used for those who once lived in the Iberian peninsula — persecuted during the Inquisition.

Alfonso Paredes Henriquez, a Panama-based real estate developer, said he and his brother were among Portugal's successful applicants. They are entitled to a passport and the right to work and live in the 28-nation European Union.

Paredes Henriquez said he initially intended to request Spanish citizenship but switched to Portugal after Spain's delays in enacting its law, which was finally approved in June.

The Jewish Community of Oporto in northern Portugal, which is one of the organizations vetting applications, said Paredes Henriquez is a descendant of Spanish and Portuguese Jews. His ancestors were Rabbi Eliau Abraham Lopez, the great Sephardic rabbi of the Spanish-Portuguese community in Curacao and of Spanish origin, and his wife Rachel Nunes da Fonseca, of Portuguese origin.

The Community said Tuesday it has issued certificates for Jews from 23 countries, with two-thirds of them for Sephardic Jews from Turkey. THE ASSOCIATED PRESS

UNIVERSITY OF MICHIGAN

Library obtains Kevorkian's papers

A University of Michigan library announced Tuesday that it has acquired the papers of Dr. Jack Kevorkian and is making them publicly available as part of an effort to help people better understand the assisted-suicide advocate and his role in the right-to-die debate.

The Bentley Historical Library in Ann Arbor said Ava Janus, Kevorkian's niece and sole heir, donated the collection, which spans from 1911 to 2014. It includes correspondence and manuscript drafts as well as files on assisted suicides, including medical histories, photographs, video and audio.

"Long before Jack Kevorkian was known as 'Dr. Death,' he was a child of Armenian immigrants, a successful student, a graduate of the University of Michigan Medical School, a musician, composer and scientist," Terrence McDonald, the library's director, said in a statement. "The release of his papers will allow scholars and students to understand the context of and driving forces in an interesting and provocative life."

Kevorkian died in 2011 in suburban Detroit at age 83. He sparked the national right-to-die debate with a homemade suicide machine that helped end the lives of about 130 ailing people, using the term "medicide" to describe physician-assisted suicide.

Kevorkian was convicted of second-degree murder in 1999 for assisting in the 1998 death of a Michigan man with Lou Gehrig's disease. He was released from prison in 2007. THE ASSOCIATED PRESS

AUSTRALIA

Hunter eats ants to survive in Outback

A 62-year-old recreational hunter lost in a hot and arid region of the Australian Outback survived without water for six days by eating ants, police said Tuesday.

Reg Foggerdy left a car driven by his brother late Wednesday in pursuit of a camel in the Great Victoria Desert in Western Australia state, Police Superintendent Andy Greatwood said.

After his brother alerted authorities, police trackers found the former miner sitting under a tree on Tuesday morning 15 kilometres from where he became lost.

"He just spent the last two days under a tree eating black ants and that sustained him," Greatwood said. "When we found him, he was extremely dehydrated, disoriented and basically delusional."

A paramedic immediately gave Foggerdy intravenous fluid and he recovered quickly.

"The good news is he was sitting up and talking," Greatwood said.

Foggerdy was airlifted by the Royal Flying Doctor Service to the Kalgoorlie Hospital. He was admitted in stable condition, hospital spokesman Peter Cogan said.

The brothers had been driving back to their camp 170 kilometres east of the nearest town, Laverton, after a day's hunting when Foggedy went missing, wearing only a T-shirt, shorts, a cap and flip flops. Temperatures reached up to 37 degrees Celsius, Greatwood said. THE ASSOCIATED PRESS

U.S. marshals arrested David Drumm, former chief executive of Anglo Irish Bank, on Oct. 10 in Massachusetts on an extradition warrant, according to the U.S. Attorney's office in the state. PETER MORRISON/THE ASSOCIATED PRESS FILE

Ex-Anglo Irish Bank chief faces 33 charges

COURT

David Drumm could face an unlimited term in prison

Court documents unsealed Tuesday show that Ireland hopes to prosecute the disgraced former chief executive of Anglo Irish Bank for 33 counts of fraud, forgery and other crimes if he is extradited from Boston to Dublin.

The disclosure, reflecting six years of Irish police and corporate fraud investigations into David Drumm, came days after his arrest in his luxury Massachusetts home and hours ahead of his appearance in a Boston court to face an extradition warrant. If returned to Ireland and convicted of the most serious charges, the warrant said Drumm, 48, could face "an unlimited term of imprisonment."

Anglo was the failed institution at the heart of Ireland's 2008-13 financial crisis. It was the most aggressive lender during Ireland's decade-long construction boom, gambling borrowed tens of billions on continued runaway growth in property values at home and abroad. When the 2008 global credit crunch exposed Anglo's fragile finances, the Irish government introduced a state-backed guarantee on Anglo debts in a failed bid to reassure investors.

By early 2009, the government nationalized Anglo and its toxic property portfolio at an ultimate estimated cost to Irish taxpayers of 43.4 billion dollars — a bill so large it overwhelmed Ireland's ability to finance itself and led to a humiliating 2010 bailout. Ireland dissolved Anglo in 2011 and still is trying to sell many of the half-built property assets funded by the bank.

Drumm and his wife fled to the United States in 2009, bought a 4,000-square-foot, $2-million home in the upscale Boston suburb of Wellesley, then filed for U.S. bankruptcy protection in a bid to avoid repaying 12.6 million dollars in Anglo personal loans. Drumm argued the home was his wife's, not his.

In January, a Boston judge, Frank Bailey, rejected Drumm's bankruptcy case in scathing terms, citing the banker's efforts to conceal millions in assets and testimony riddled with what he called "outright lies." Drumm's appeal of that ruling accuses the judge of bias and his legal team of incompetence. THE ASSOCIATED PRESS

THE REFRESHING
Newsflashes from the Apocalypse for the 3rd Millennium
A Bible Seminar on the prophetic Book of Revelation
October 16–October 24, 7:30 p.m.
West Park Seventh-Day Adventist Church, 416 Cathcart Street, Winnipeg, MB R3P 0S4
Oct. 16th, Fri. – Sanctum
Oct. 17th, Sat. 11 a.m. – Universal Authority
Oct. 17th, Sat. 7:30 p.m. – The Opening
Oct. 18th, Sun. – The Claim
Oct. 19th, Mon. – The Final Countdown
Oct. 20th, Tues. – Unholy Liaisons
Oct. 21st, Wed. – Divine Manifesto
Oct. 22nd, Thurs. – Holy Vengeance
Oct. 23rd, Fri. – Total Engagement
Oct. 24th, Sat, 11 a.m. – The Purging
Oct. 24th, Sat. 7:30 p.m. – A New Universal Order
HEALTH EXPO – FREE COMPREHENSIVE HEALTH SCREENING STARTING 6:30 P.M.
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U.S.: Missile test likely violates resolutions

IRAN

Weapons trial not related to historic nuclear deal

ValFajr torpedoes lie in an undisclosed location. Iran's state TV said the country has successfully test-fired the advanced torpedo system. IRANIAN DEFENSE MINISTRY VIA THE ASSOCIATED PRESS

There are "strong indications" that Iran violated UN Security Council resolutions related to ballistic missiles when it test fired a new missile, the White House said Tuesday.

White House press secretary Josh Earnest said that when it comes to Iran's ballistic missile program, "unfortunately, that's not new."

"We have seen Iran almost serially violate the international community's concerns about their ballistic missile program," Earnest said.

He stressed, however, that those violations are "entirely separate" from the historic nuclear deal reached between Iran and world powers.

"In contrast to the repeated violations of the UN Security Council resolution that pertains to their ballistic missile activities, we've seen that Iran over the last couple of years has demonstrated a track record of abiding by the commitments that they made in the context of the nuclear talks," Earnest said.

At the State Department, spokesman Mark Toner added that the U.S. intended to raise the incident at the UN, "and then we'll continue to do this for any and all Iranian violations of UN Security Council resolutions." He called the missile test "deeply concerning."

Iranian state TV reported on Sunday that the Iranians successfully test fired a new guided long-range ballistic surface-to-surface missile.

It was the first such test since Iran and world powers agreed to the nuclear deal. The agreement called on Iran not to undertake any activity related to ballistic missiles capable of delivering nuclear weapons.

Iran says none of its missiles is designed for that purpose.

THE ASSOCIATED PRESS

JASON REZAIAN

Jailed journalist's brother seeks action

The brother of Jason Rezaian, The Washington Post journalist detained in Iran and convicted in secret, described his brother's imprisonment as "cruel and inhumane" Tuesday and called on the U.S. government to take "any appropriate actions" to win his freedom.

Ali Rezaian said in an interview in Washington that the charges were "trumped up" and there was no evidence that his brother tried to access security information.

> **I would call it unjust, I would call it cruel and inhumane.**
> Ali Rezaian

Iran's judiciary spokesman confirmed the verdict on state TV Sunday, saying the ruling is eligible for appeal within 20 days, but gave no indication of what punishment the 39-year-old Iranian-American journalist could face. Rezaian has been detained in Iran for 14 months on charges including espionage. He reportedly faces up to 20 years in prison.

Ali Rezaian said there was no reason for his brother to be in prison, and that the family has received no information about the verdict.

"I would call it unjust, I would call it cruel and inhumane, I would say Jason's lost 14 months of his life, half of his marriage, to being held without any evidence on charges that are completely trumped up," Rezaian said.

Jason Rezaian, the Post's Tehran bureau chief since 2012, grew up in Marin County, California, and spent most of his life in the U.S. He holds both American and Iranian citizenship. He was detained with his wife, also a journalist, and two photojournalists on July 22, 2014. All were later released except Rezaian.

His incarceration and trial played out against the backdrop of negotiations between Iran and five world powers, including the U.S., that resulted in an agreement for Iran to curb its nuclear program in exchange for sanctions relief.

THE ASSOCIATED PRESS

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Twitter loses characters

EMPLOYMENT

Purge marks company's first mass layoff in 9-year history

Downsizing signals Twitter's push to slash costs as it tries to make money. THE ASSOCIATED PRESS

Twitter is laying off up to 336 employees, signalling CEO Jack Dorsey's resolve to slash costs while the company struggles to make money.

The cutbacks announced Tuesday could equate to about eight per cent of Twitter's workforce of 4,100 people.

The purge comes two weeks after Twitter brought back one of its co-founders as permanent CEO in hopes that Dorsey would be able to resolve problems that have slowed user growth at the messaging service and compounded an uninterrupted cycle of financial losses.

Cutting costs can boost profits, but at Twitter, it has also raised uncertainty about the future, the company's pursuit of faster growth and its ability to attract a larger audience.

The layoffs may be a sign of desperation at a sinking company, said Edison Investment Research analyst Richard Windsor.

"It is important to run a tight ship, but simply cutting jobs is often the action of a company that does not know what else to do," Windsor said.

Dorsey told Twitter employees in a Tuesday letter that a more streamlined company will result in more products rolling out more quickly.

"We feel strongly that engineering will move much faster with a smaller and nimbler team," Dorsey wrote.

Twitter's workforce has nearly doubled over the past two years, hindering efforts to turn a profit for the first time in its nine-year history. Since Dorsey and his partners started the service, Twitter has lost nearly $2 billion US.

> **Cutting jobs is often the action of a company that does not know what else to do.**
> Richard Windsor

Dorsey has acknowledged that Twitter is too confusing for many people to use, turning off new users at a time when other social services such as Snapchat and Facebook's WhatsApp have grown in popularity.

As part of its revival plan, Twitter last week unveiled a new feature called Moments that packages commentary, video and photos about major events that have captured people's attention. The work on Moments began while Dorsey's predecessor, Dick Costolo, was still Twitter's CEO.

After returning as CEO, Dorsey promised to make Twitter even more accessible to the masses by next year. Jettisoning jobs will give Twitter more financial leeway while it designs new tools.

Retrenching will cost Twitter $10 million to $20 million, mostly to pay for employee severance packages.

THE ASSOCIATED PRESS

COMPUTERS

Apple unveils iMacs with Retina displays

Apple is adding Retina displays to its iMacs, which will enhance the text and image quality of photos and videos.

The California-based company said its 21.5-inch iMac will have a Retina 4K display, while every 27-inch iMac will have a Retina 5K display. The 21-inch iMac, which starts at $1,099, and 27-inch iMac, which starts at $1,799, are available in three models and come standard with a new Magic Keyboard and Magic Mouse 2.

The technology giant redesigned Magic devices, including the Magic keyboard, Magic Mouse 2 and Magic Trackpad 2. Those products have rechargeable batteries. The new trackpad marks the first time Apple has made its Force Touch Trackpad feature available for a desktop. Force Touch allows users access to several shortcuts by touching the trackpad in different ways.

Apple said the iMacs will also have new storage options and more powerful processors and graphics.

Apple first introduced the iMac in 1998. In recent years, Apple has focused on faster-growing products such as the iPhone, iPads and laptops as sales of traditional desktop PCs slump.

THE ASSOCIATED PRESS

Apple's 27-inch iMac comes with Retina 5K display.
APPLE INC/THE ASSOCIATED PRESS

IN BRIEF

Beer giants AB InBev, SABMiller to join forces

The world's top two beer makers agreed Tuesday to join forces to create a company that would control nearly a third of the global market and bring together leading U.S. brands Budweiser and Miller Genuine Draft. After turning down five offers, U.K.-based brewer SABMiller accepted in principle an improved takeover bid worth $106 billion US from Anheuser Busch InBev, which along with Budweiser makes Corona, Stella Artois and Beck's.

THE ASSOCIATED PRESS

Starbucks starts delivery service for office workers

Starbucks is offering delivery within the Empire State Building, giving office workers in the New York City skyscraper the option of paying a $2 US fee to avoid making a trip to the lobby. The chain says the service is in line with its push to make its offerings increasingly convenient. That includes its recent rollout of mobile ordering, which lets people place orders ahead of time so their food and drinks are waiting for them when they arrive at their store.

THE ASSOCIATED PRESS

market minute

DOLLAR 76.81¢ (-0.49¢)

TSX 13,844.73 (-119.63)

OIL $46.66 US (-44¢)

GOLD $1,165.40 US (+90¢)

NATURAL GAS: $2.498 US (-3.7¢)
DOW JONES: 17,081.89 (-49.97)

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Born this way: A large California study of identical twins has found genetic modifiers that accurately predict sexual orientation — spurring worries over misguided "cures" and "tests" for gayness.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I am hosting a birthday dinner this weekend and invited a bunch of different people, including some with extreme views. How can I stop them from arguing about the election and spoiling supper?

Dear Ellen,

I am hosting a birthday dinner this weekend for a friend who has invited a bunch of different people, including some with extreme political views. How do I stop them from arguing about the election and spoiling the whole dinner party?

Sine, Winnipeg

Dear Sine,

Isn't it funny how people we disagree with have extreme political views, while we invariably see our own political prejudices as firmly held beliefs?

See? I don't even know whether you and I will vote the same way on Monday, and I'm already provoking an argument. Perhaps it's due to years of consorting with loudmouthed journalists, but I rather enjoy lively debate anywhere, including at the dinner table.

Admittedly, my journalist friends tend to see political arguments more as a blood sport than the expression of firmly held beliefs. But this lack of any heartfelt conviction on their part is what makes them so entertaining. They delight in bashing each other with well-researched facts and clever quips without getting emotionally invested, providing pure entertainment for the rest of us.

If you wanted to spend the evening with like-minded individuals indulging in a self-righteous orgy of shared beliefs, you'd skip the dinner party and go straight to your Close Friends on Facebook.

If you're lucky enough to have friends like these, I suggest you sit back and enjoy the spectacle, stepping in only occasionally, like the Speaker of the House, to restore order when things get too raucous.

If, however, your friends are normal human beings who tend to get emotionally invested in things like the outcome of the election and the future of our nation, you are absolutely right to fear that your dinner party will be spoiled. Outside of couples counselling, where histrionic behaviour is a privilege that's paid for, violently emotional arguments are indecorous to say the least.

There is nothing more boring than passionate blowhards yelling at each other, everyone refusing to change their minds or listen to other points of view, while expecting their own points of view to be heard and other minds to change.

Or, wait, maybe there is something more boring: like when a bunch of passionate blowhards all agree with each other and spend the entire dinner trashing the same tired political targets.

Seriously, if you wanted to spend the evening with like-minded individuals indulging in a self-righteous orgy of shared beliefs, you'd skip the trouble of a dinner party and go straight to your Close Friends on Facebook.

My advice is to avoid either of these boring-blowhard outcomes by choosing one of the following options:

The first is to ban political discussion altogether. Your house, your rules. It may seem peremptory but it's actually polite: you are taking your friends' enjoyment into consideration by ensuring that a dinner party's raison d'être — the conversation — doesn't devolve into an overwrought colloquy of firmly held and sanctimoniously expressed "beliefs."

If you can't shut up the blowhards, the second option is to try to throw them off their game. When any of the names Harper, Mulcair or Trudeau come up, assume your guests are suggesting a game of date-marry-kill and interject accordingly. Throw in Elizabeth May to mix it up. Segue to Berlusconi, Putin and Sarkozy for the second round. Or Hillary Clinton, Angela Merkel and … hmm … Queen Elizabeth? Steer the conversation toward the lamentable lack of female candidates for this game. Be as emotional or fatuous as you like for as long as it takes to get the blowhards to agree to talk about something, anything, non-political.

And if you can manage that level of misdirection and talking-point discipline, then maybe it's time to run for office yourself.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

An expensive, never-ending episode of What Not to Wear

Diane Baker Mason
For Metro

When I was in Grade 8 — back when the earth was cooling — the girls at our public school staged a revolution against the board of education's dress code. It forbade us from wearing pants, even when it was freezing cold, even though lots of us hated dresses, even though dresses restricted us (just try to slide into third wearing a dress and not show your underwear).

The school board made strained arguments: girls and women wearing pants were immodest, unattractive, even unhealthy. But times were changing — this was 1970, after all! — and the girls made a huge fuss. Before long, an announcement was made. We could wear pants. Finally, we were free.

Perhaps that's why, in my own middle-aged, middle-class, secular white-woman cultural bubble, I dislike the idea of niqabs and burkas. They seem an affront to freedom. I, personally, cannot imagine choosing to wear one, and I feel a frisson of horror at the idea of being forced to do so. Perhaps I can justify this by observing that there are regimes in this world that restrict women's freedoms by legislating that they veil completely. But I remind myself that this is Canada. Canadian law does not require women to veil.

It also does not require them to take their veils off.

Despite this, our government has waged a legal war on a woman named Zunera Ishaq, using a quarter-million dollars of taxpayers' money. It pursued her through the courts, trying to force her to remove her veil when she took her oath of citizenship, arguing her covered face was "disrespectful" — as weak an argument as the ones the school board made. The courts rejected it. Even so, the government won't give up. It's taking it to the Supreme Court.

That court has interpreted the Charter of Rights and Freedoms to require that reasonable accommodation be made for Canadians' religious and cultural garb. No law that violates someone's rights (as does the provision in the Citizenship Act that requires a woman to unveil in public) is allowed to stand. Instead, she is allowed to remove her veil in private. Harper knows this, but he continues to pursue Ishaq, knowing that to many ignorant and fearful voters, he appears to be protecting national security.

In fact, the Charter protects Ishaq — from her own government's imposition of an unfair law. Veiled women are entitled to the protection of the Charter. Just like us schoolgirls, they are allowed to wear what they want.

Because, after all, it's a free country.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

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Amanda Lang leaves the CBC to pursue a "new opportunity"

A look back at the non-nudes

Hugh Hefner and actress Barbara Benton arriving at Le Bourget airport with the Playboy jet Big Bunny in 1970. The magazine that helped usher in the sexual revolution by bringing nudity into America's living rooms – or at least its sock drawers – announced this week that it will no longer run photos of completely naked women. STRINGER/AFP/GETTY IMAGES

MAKING HISTORY

Feminism, murder, politics: A retrospective

Seeing its circulation plunge thanks to high-definition porn, Playboy will soon be covering up its Playmates. But history remembers the skin mag for much more than photos of naked women. A look at significant events in its six-decade history:

1 A Bunny's Tale
In this 1963 exposé, Gloria Steinem described her time as an undercover bunny waitress. The feminist icon wrote of long, often dull hours.

2 'Adultery in my heart':
Jimmy Carter stirred things up in 1976 when as a presidential candidate, he told Playboy he had "committed adultery in my heart many times," while quoting from the Bible to say that "anyone who looks on a woman with lust has in his heart already committed adultery."

3 Star 80
Dorothy Stratten of Vancouver was named Playmate of the Year in 1980 and murdered by her estranged husband shortly after. Her life and death were the topic for the 1983 film Star 80, starring Mariel Hemingway and Eric Roberts.

4 AIDS activist
In 1994, former model Rebekka Lynn Armstrong of California announced that she had tested positive for HIV in 1989. Armstrong, who appeared in the magazine's September 1986 issue, became an HIV/AIDS activist and safer sex educator.

5 Big nyet
The Russian Academy of Sciences sued Playboy's Russian edition in 1996 for featuring nude and semi-nude portraits of famous Russian woman including Catherine the Great.

6 Spousal abuse 'advice'
The Romanian edition of Playboy ran an article in 2000 called, How to Beat Your Wife Without Leaving Traces. When called on the carpet by Christie Hefner, Playboy Enterprises' chairman and CEO, the magazine's Romanian deputy editor-in-chief said it was just an April Fools' joke.

7 Literary coup
Playboy won first serial rights to a novel that writer Vladimir Nabokov wanted burned. Instead of destroying The Original of Laura, Nabokov's only surviving heir decided to publish it and Playboy scooped up the rights in 2009.

8 Get Bart out of the room!
In an effort to attract readers in their 20s, Playboy's editors put cartoon character Marge Simpson on the cover of the November 2009 issue.

TORSTAR NEWS SERVICE

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JLaw minds Hollywood wage gap

PAY ATTENTION

Oscar-winning and afraid to negotiate, not be likeable

Jennifer Lawrence says she blamed herself for failing as a negotiator when she learned from the leaked Sony emails that her male co-stars were paid more for American Hustle.

The Oscar-winning actress wrote in an essay for the online newsletter Lenny on Tuesday that she didn't want to fight for millions of dollars, partly because she didn't need the money and partly because she didn't want to come across as "difficult" or "spoiled."

Lenny is a recently launched weekly newsletter from Lena Dunham and her Girls executive producer Jenni Konner.

Jennifer Lawrence
THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

OPINION PIECE

Adorable no more

In the thoughtful essay, Lawrence wonders if she's wasted her time trying to be likable while her male counterparts are commended for being fierce.

She ultimately concludes that she's "over" finding adorable ways to state her opinion.

BOND BREAK ACTOR INSPECTS UN DEMINING Daniel Craig's globetrotting brought him to Cyprus, but not to film any scenes as James Bond. The British actor was on the eastern Mediterranean island Tuesday to inspect the United Nations' work in clearing minefields, a vestige of the conflict that divided this island along ethnic lines more than four decades ago. The UN has removed more than 27,000 landmines from the island's buffer zone over the last decade but it's estimated that thousands more remain. "I've much hope that I will be the first and last global advocate to see land mines on this beautiful island," said Craig. THE ASSOCIATED PRESS

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LIQUID ASSETS

Apples a core part of booze products

Peter Rockwell
For Metro Canada

If you'd asked me a year or so ago if grapes were in danger of not being the highest ranking pieces of fruit to produce alcoholic beverages, I would have choked on my Cabernet Sauvignon.

While grapes still rule when it comes to wine production, in today's booze market the apple is making a solid run for the second-most popular flavouring agent in just about everything else.

At the core of the apple's popularity is the rise of cider. Once considered the tipple of the lower gentry, cider has now found mass appreciation across Canada thanks to local artisan producers getting crafty with their creations.

Both beer and spirit makers are seeing dollar signs growing in the orchards, and the Crown Royal Apple Whisky ($26.49-$31.99) takes the classic CR recipe and infuses it with the candied-sweet flavour of Regal Gala apples.

The fruit dominates through to the last drop, making it a smooth and easy-drinking fall season sipper.

Prices reflect the range across the country. Some products may not be available in all provinces.

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Get stuck on barnacles for health

Gooseneck barnacles are a delicacy in Spain and Portugal, where they are called percebes. THERESA ALBERT

SUSTAINABILITY

This weird and tasty creature can be enjoyed guilt-free

Theresa Albert
For Metro Canada

"Sustainable" has become the sweetest word on every foodie's lips. It is today's conundrum to choose foods that are affordable, delicious and good for both you and the planet.

Ocean Wise is a program established by the Vancouver Aquarium that is one of 18 organizations working together across North America to help save our oceans but keep us eating delicious fish. They estimate that 90 per cent of the world's predatory fish are gone already. This is why they certify fisheries and keep up-to-date suggestions on which fish to enjoy.

One of the newest species on the recommended list is the gooseneck barnacles that you may be seeing on restaurant menus this season. A delicacy in Spain and Portugal, where they are called percebes, the shell is inedible but the protruding foot has a calamari feel, which tastes somewhat briny.

Given the cost — ranging from $16 to $30 for an appetizer or $20/lb. to buy them from the fishery — they are usually the fare of higher-end restaurants. Typically, they're served as one or two in a dish that will take on the accompanying flavours, much like mussels in garlic broth. This unfortunate-looking tiny shellfish is harvested by hand by the Nuu-chah-nulth First Nations fishery in B.C. The barnacles have a short shelf life, so fishermen do not harvest them until they receive an order.

> **The protruding foot has a calamari feel, which tastes somewhat briny.**

Consuming barnacles, which are lower on the food chain, is more Earth friendly than consuming the increasingly rare predatory fish.

But you don't have to go all the way to barnacles — maybe sardines instead of salmon is a more simple switch.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

Trader Joe's mystique

BOUTIQUE GROCERIES

Scoping out the secretive chain's Buffalo outpost

Trader Joe's has its fans, its cultists and its detractors.

So what exactly is it about this boutique grocery chain that inspires such passion?

Is it the fact that this tiki-themed, culinary cruise ship is staffed by cheerful crew, merchants, mates and captains? Or how about the way that TJ's notorious secrecy plays so well in this age of TMI?

How many people know that Trader Joe's, despite being headquartered in California, has been privately owned by Germany's Albrecht family since 1979?

Probably not as many as can decipher those ringing bells, heard on a recent "investigative" trip to the store in Buffalo, NY. One bell is a call to open a cash register, two means there's a question at the checkout, and three is a request for a manager.

"We wear Hawaiian shirts because we're traders on the culinary seas, searching the world over for cool items to bring home to our customers," the company's website says, of its distinct theme.

Trader Joe's is smaller than you'd imagine, making it a pleasure to navigate. The crew members don't have much insight into Canadian customers, but eagerly tout their favourite products.

The company shuns social media and lets fans run @traderjoeslist on Twitter.

Last year, the chain of 400-plus stores dropped plans to open in an African-American neighbourhood in Portland after activists voiced fears that gentrification would price the black community out of the area.

The company touts high standards for its private label — no artificial flavours or preservatives, genetically modified ingredients or synthetic colours, et cetera — but won't reveal who its vendors are so customers can't verify these claims.

Beth Kowitt, writing in Fortune in 2010 about the "secret world" of Trader Joe's, declares the chain "an offbeat, fun discovery zone that elevates food shopping from a chore to a cultural experience."

It stocks its shelves, she writes, "with a winning combination of low-cost, yuppie-friendly staples ... and exotic, affordable luxuries."

Indeed, the prices are a big draw. This ain't no Whole Foods Market (a.k.a. "whole paycheque").

Toronto immigration attorney Mackenzie Houck, a transplanted American, lived off TJ's frozen bean and rice burritos during law school.

She adores peanut butter-filled salted pretzels, veggie and flaxseed tortilla chips, natural turkey jerky, fireworks chocolate bars, eggplant hummus, dry and unsalted almonds, Wasabi Wow trail mix and multivitamins (huh?).

Houck doesn't drive, so her "TJs pipeline" includes care packages from her mom, gifts from visiting friends and whatever she can stuff in her carry-on bag when she travels.

"When someone is heading to/through Buffalo, they'll ask the other Americans for any items they need," adds Houck. "It's also nearly mandatory to share the booty upon return."

Will a Canada TJ's ever happen?

"One can only dream," says Houck.

So far, the company's only foray into Canada has been a legal tussle.

In 2013, the company lost its legal battle with Pirate Joe's, a small Vancouver retailer that declares itself an "unauthorized, unaffiliated, unafraid" reseller of Trader Joe's products.

Pirate Joe's owner Michael Hallatt buys retail in America, imports legally and adds proper Canadian labels. Good on him.

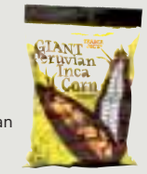
TORSTAR NEWS SERVICE

NICHE MARKET
Trader Joe's stores have much less choice — apparently 4,000 products instead of 50,000 for a typical American supermarket.

Grocery chain Trader Joe's is instantly recognizable once inside. Quirky and witty signs are spread throughout the store, enticing customers. TORSTAR NEWS SERVICE

WORTH CROSSING THE BORDER FOR

After taste-testing $150 worth of goods, here are the five Trader Joe's products we will buy again.



1 Giant Peruvian Inca corn ($1.79)
Sometimes you just need to crunch. These Peruvian white corn kernels (supposedly five times the size of their North American counterparts) are toasted, salted and pleasing beyond belief. Caveat: The same thing can be found at Loblaws under a different brand.

2 Crunchy, salted peanut butter with flax and chia seeds ($2.99)
Who would have guessed that flax and chia make for a scrumptious (and nutritious) threesome with peanut butter? The flax is from Saskatchewan, BTW. Support Canadian farmers.

3 Ghost chili grinder ($4.99)
Dried, smoked ghost chilies (a.k.a. bhut jolokia, the world's third hottest pepper) come in a cute spice jar with a built-in grinder. Perfect host/hostess gift.

4 Quinoa and black bean infused tortilla chips ($2.99)
Tortillas are usually a vehicle for salsa for me, but these combine stone-ground white corn, red quinoa and black beans into something that speaks to me and are best eaten without adornment.

5 Sea salt and turbinado sugar dark chocolate almonds ($3.99)
Four food groups (salt, sugar, chocolate, nuts) unite in bite-sized flavour explosions. Hoarding alert: These are too good to share.

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Your essential daily news

Toyota to debut Kirobo Mini, a robotic companion for long road trips, at Tokyo Motor Show

New CX-5 stays on good track

ROAD TESTED

REVIEW

Mazda makes minor tweaks to an already decent ride

Jil McIntosh
For Metro Canada

Few things tick me off more than change for the sake of change. I'm tired of having to track down a grocery item because the package is different, or seeing that my running shoe has been discontinued because its design was more than a year old.

So I was pleased to discover that when Mazda updated its CX-5 for 2016, it only made some minor tweaks to a vehicle that was already a very decent driver.

The grille changes slightly on all models, while my top-line GT gets LED accent lighting and new wheels. The rear seats are more supportive, there's an electric parking brake in place of a lever, and a new infotainment system sits in the dash, controlled by a joystick in the centre console rather than buttons alongside the screen.

The GT also receives navigation as standard equipment.

Two engines are available, starting with a 2.0-litre four-cylinder in the base GX. That trim is front-wheel drive only, and offers a stick shift or automatic. The GS and GT trims use a 2.5-litre four-cylinder with a six-speed automatic. The GS can be ordered in front- or all-wheel drive, while the GT is AWD only.

The CX-5 shares both its platform and that 2.5-litre engine with the Mazda6. Like that sedan, the CX-5 accelerates briskly and handles beautifully, with far sportier performance than you'd expect from an SUV.

My GT tester was optioned with a Technology Package, which adds such items as adaptive cruise control, automatic high-beam headlights, forward collision warning with braking, and a lane departure system that blares a rumble-strip sound out of the stereo speaker if you drift out of your lane. The package also adds satellite radio, though I thought that should have been bundled with the premium stereo that's part of the GT's equipment list.

But be warned: If you opt for this top-line trim, it can be as much as $1,000 more than similarly-equipped rivals. Be sure to check out all the trim levels and features if this Mazda is on your radar.

> **The CX-5 accelerates briskly and handles beautifully, with far sportier performance than you'd expect from an SUV.**

THE CHECKLIST | 2016 MAZDA CX-5

THE BASICS

Type. Four-door, five-passenger compact SUV
Engine (hp/torque). 2.0-litre I4 (155/150); 2.5-litre I4 (184/185)
Transmissions. 6-speed manual (2.0 only); 6-speed automatic
Price. Base $22,995, as-tested $37,295 (plus destination)

JIL MCINTOSH/FOR METRO

COOL FEATURES

- 40/20/40-split flat-folding rear seat
- Blind-spot monitoring
- Wide-angle rearview camera
- Automatic headlight levelling system
- Joystick controller for infotainment screen
- Forward collision alert with low-speed braking
- Lane departure warning system

POINTS

- In addition to minor styling changes and interior improvements, new standard and optional features have been added to all of the trim lines.
- Voice recognition on the navigation system accepts an entire address, rather than saying each line at a time.
- The optional adaptive cruise control keeps a pre-set distance from the vehicle ahead, but it tends to be jerkier than systems from most other manufacturers.

MARKET POSITION

The CX-5 is now the middle child in Mazda's SUV lineup, between the smaller CX-3 and three-row CX-9. It was introduced in 2013, replacing the slightly larger CX-7 that bowed out after the 2012 model year.

THE COMPETITION

Ford Escape
Base price: $23,899

Honda CR-V
Base price: $25,990

Hyundai Tucson
Base price: $24,399

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Honk if you like honking

AUTOPILOT

Time to reclaim the horn for more genteel, useful purposes

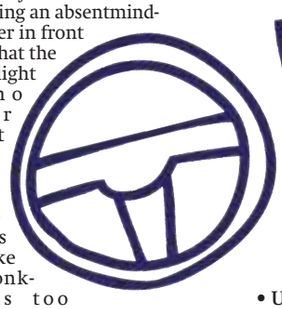
Mike Goetz
For Metro Canada

Last week when a car abruptly turned into my lane I laid on the horn so hard and so fast I almost sprained my wrist.

But it worked. He swung back into his lane. No sheet metal was harmed. My sphincter muscles relaxed.

And the best thing? I didn't feel guilty about using the horn. Usually I do.

Even when I'm completely justified for honking in a non-emergency situation — like enlightening an absentminded driver in front of me that the traffic light is no longer red but green — it can sometimes feel like the honking is too strong, like I'm super mad, when I'm just really just trying being helpful, and only medium mad.



Not 100 per cent sure, but it seems we motorists have been gradually skewing horn use towards its confrontational side. Get out my way! You bleeding idiot! That kind of thing.

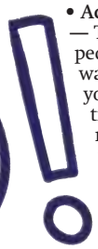
As such, it feels like that side of honking has become the de facto usage for it, and makes some people not reach for it, in circumstances when honking could actually contribute to traffic flow, safety and civility.

> **It seems we motorists have been gradually skewing horn use towards its confrontational side.**

Maybe we need to re-claim the horn for the more genteel and useful purposes it can also provide. In that light, I did some research into the matter and can offer this (incomplete list) of Acceptable and Non-Acceptable situations for using your horn, or honking. But remember, every situation is ultimately unique, so don't use this list as the last word on the matter. Personal judgment is always necessary in honking.

• **Acceptable —** If you see someone holding up a sign that reads: "Honk if you like lasagna."

• **Unacceptable —** If you see someone holding up a sign that reads: "Honk if you like cholera."



• **Acceptable —** To warn a pedestrian walking in your direction on a narrow road shoulder that you are approaching them.

• **Unacceptable —** To warn a pedestrian walking on the sidewalk that you intend to start driving on their section of the sidewalk. Vehicles should not drive on the sidewalk.

• **Acceptable —** To get a driver's attention, to tell them their taillights are burned out.

• **Unacceptable —** To get a driver's attention, to tell them they are proof that evolution CAN go in reverse.

• **Acceptable —** To alert a driver that he or she is starting to drift out of their lane.

• **Unacceptable —** Continuously laying on the horn on the highway, as a way of letting other motorists know you are very sleepy, and are probably going to be drifting into their lane at some point.

SUB-COMPACT/PICKUP TRUCK CROSS

Suzuki to Deck the halls

One of Suzuki's four planned concept car reveals at this year's Tokyo Motor Show is the intriguingly entitled Mighty Deck. Described as a new take on the minicar that offers similarly new kinds of enjoyment and utility, the Mighty Deck is a cross between a sub-compact inner-city car and a pickup truck.

With moulded wrap-around bumpers, stone chip protection, a raised driving position and a canvas folding roof, the car should be just as much fun at or on the beach as it is essential in a supermarket carpark.

The prototype is aimed at showing fans where Suzuki, which started making cars in 1920, is taking its brand as it moves into its second century in business.

The 44th Tokyo Motor Show runs from Oct. 30 to Nov. 8.

AFP

The Mighty Deck concept. SUZUKI

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FRIENDS HELPING FRIENDS

Big Brothers Big Sisters is all about building friendships, just like the one it has with Canadian Western Bank.

The two have been friends for many years, and since 2008 CWB has offered its clients a unique GIC that goes a long way to supporting Big Brothers Big Sisters. For every dollar invested in The Greater Interest GIC, CWB makes a corporate donation of one-eighth per cent to Big Brothers Big Sisters of Winnipeg. This product, unique to CWB, gives clients the opportunity to earn a guaranteed return while setting in motion a corporate donation from the bank based on the amount invested. Clients can choose from four competitive rates based on terms ranging from 13 to 49 months.

CWB's community investment program helps in lot of different ways and supporting at-risk youth and promoting education are two of them.

"Both of those things we feel Big Brothers Big Sisters does very well," says Canadian Western Bank's Angela Saveraux.

Through The Greater Interest GIC, CWB has donated about $25,000 to Winnipeg's Big Brothers Big Sisters chapter since 2008. Overall, CWB has donated more than $1.6 million to chapters and other children's organizations across Western Canada.

The Greater Interest GIC is available until Oct. 29 at CWB's branches downtown on Portage Avenue and in Kenaston on Nature Park Way.

Mentoring helps children reach their full potential

Big Brothers Big Sisters of Winnipeg offers a variety of ways for mentors to make a difference in the life of a child.

In School Mentoring (ISM) focuses on developing friendships, promoting the benefits of staying in school, instilling confidence and hope, and encouraging civic engagement, all while having fun. Many children in our community need mentors, but can't participate in the various programming offered because they lack access to safe and affordable transportation. ISM and After The Bell programs provide these youth with the mentors they need to thrive. Mentoring takes place either one-on-one or in a fun group setting at the child's school once a week.

Studies show that kids benefit from mentoring in many ways, including improved attendance and grades at school and more respect for their families, friends and community.

"Mentoring a kid helps them to reach their full potential," says Greg Unger, executive director of Big Brothers Big Sisters of Winnipeg. "Mentoring results in improved literacy skills, higher self-esteem and results in a noticeable positive change in the child being mentored.

"We also offer our Big Buddy program to those who are waiting for a mentor."

Mentors are matched with a child during a group activity once or twice a month. The Big Buddy program is ideal for busier volunteers, requiring only a couple of hours per month.

For more, visit bigwinnipeg.com.

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Rhonda McLachlan
Senior Manager and Big Sister
THE GREATER INTEREST GIC
Big Brothers Big Sisters

Countless Western Canadians have earned great returns with The Greater Interest GIC, making it possible for us to donate over $1.5 million towards local youth. This September and October, it's your chance to improve your financial future— and the futures of kids in Winnipeg — all with one GIC.

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greaterinterest.ca

*Rates subject to change without notice. $1,000 minimum investment. Available for a limited time only. Interest is compounded annually, paid at maturity. Some restrictions apply. See branch for details.

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GAUNE PHOTOGRAPHY

It's time to talk about child sexual abuse

It's a staggering statistic — child victims account for more than half of all sexual offences reported to Canadian police. On Nov. 16, Beyond Borders ECPAT Canada will hold an educational symposium at the Canadian Museum for Human Rights.

Not Your Child. Not Mine. Not Anyone's — It's Time To Talk About It is open to all and will focus on the ongoing prevalence of child sexual abuse and positive recommendations for change.

"It's time to talk about the sexual exploitation of our children," says Darlene Newton, president. "Child sex abuse is not declining. It is in our playground sandboxes, and on beaches around the world. Where is the empathy for our children? We need to draw a line in the sand against any form of child sex abuse."

The symposium, presented by the Air Canada Foundation, is an annual event for Beyond Borders ECPAT Canada, a bilingual national advocacy organization advancing the rights of children everywhere to be free from sexual abuse and exploitation. WestJet and Air Transat are also supporters as part of their shared commitment to sustainable tourism.

Speakers include Justice Murray Sinclair, who led Canada's Truth and Reconciliation Commission, and Jennifer Richardson of StreetReach, a program that reaches out to children and youth who are at extremely high risk of being violently victimized through the sex trade. Previous symposium themes included cyberbullying, sexual abuse in sport, and the effects of Internet porn on children.

Paired with the symposium, the Beyond Borders ECPAT Canada Media Awards luncheon will honour Canadian journalists for exemplary work covering child sexual exploitation.

"We are thankful to the noble and humble Canadian journalists who continue to advocate for survivors of child sexual exploitation by telling their stories," says Christine Krahn-Matias, co-chair of the Media Awards. "Each story provides an opportunity for people across our country to learn how to protect children from sexual exploitation, empower survivors, and persevere in the fight against child sexual exploitation."

Beyond Borders ECPAT Canada is run exclusively by volunteers, supported by a team of pro bono lawyers who monitor, intervene and educate on cases and legal issues involving child sexual exploitation.

For more information, or to volunteer, please visit beyondborders.org.

Sexually exploited in Canada
NOT YOUR CHILD.
NOT MINE.
NOT ANYONE'S.
IT'S TIME TO TALK ABOUT IT
PRESENTED BY
AIR CANADA foundation
BEYOND BORDERS ECPAT CANADA
MEDIA AWARDS &
EDUCATIONAL SYMPOSIUM
NOVEMBER 16, 2015
CANADIAN MUSEUM FOR HUMAN RIGHTS
EDUCATIONAL SYMPOSIUM
With special guest
The Honourable Justice Murray Sinclair
A frank discussion about the ongoing prevalence of child sexual abuse and recommendations for positive change.
MEDIA AWARDS
Hosted by Lorne Cardinal and Max Poulin
Honouring the work of journalists for bringing awareness to the issues of child sexual exploitation.
TICKETS
Symposium | 8:45 AM – 11:30 AM
$35 each
Media Awards | 11:45 AM – 1:30 PM
$75 each | $700 Table of 10
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At Robertson College, we believe in giving back to the communities in which we call home and supporting causes that are important to us and to our students.
Robertson College supports Beyond Borders ECPAT Canada and its important work combatting child sexual exploitation in Canada and abroad and proud sponsor of the 2015 Education Symposium.
ROBERTSON COLLEGE

Stay on top of your game at Speedworld

Go-karting at Speedworld Indoor Kart Track is a fun way to spend an afternoon with friends or co-workers, but it's more than that — it's also a place where competitive drivers in Winnipeg go to get track time between races.

David Richert

Karting at Speedworld helps professional racers David Richert and Daniel Burkett stay on top of their game between big competitions.

"Racing at Speedworld always gives me a great opportunity to train both my body and brain in preparation for driving race cars at a high level," Richert says.

He is currently finishing a season of competitive racing in Germany and will be returning to Winnipeg later this month.

"When Speedworld opened up, we were there from Day 1," Richert says. "It's a fun place to go that's not too expensive to hang out with friends."

Richert, 33, says he got his start in karting and while racing requires him to keep physically fit by cycling and running, there is also a mental aspect to racing that needs to be maintained.

"To sit in a go-kart and do three hours, it lets me work on my arms and core muscles, but also on my mind," Richert says. "I work on maintaining speed and focus while being pushed physically."

Daniel Burkett, who lives in Winnipeg, has also found his time on the track at Speedworld Indoor Kart Track to be essential in his training.

"The bottom line is no exercise in the gym can make up for actual seat time," Burkett says. "While the karts at Speedworld Indoor Kart Track may have less horsepower than my professional race cars, the basic driving concept is the same. It allows me to stay sharp through the winter when I can't escape to Florida for winter testing."

CONTRIBUTED

For both drivers, time in the cars and on the track make up the bulk of their training. Richert says that while it's possible to skip a level and move up quickly in the racing world, it's not always a good idea.

"Another year gives me more time to work on being competitive on the racing track, gives me experience to make my car go quickly and be competitive with these guys," Richert says. "It's like anything — the more you do it, the better you're going to get."

The best part? Speedworld isn't just for professional racers — it's for anyone who loves go-karting.

To learn more, stop by Speedworld Indoor Kart Track on 575 Berry St. in Winnipeg, or visit speedworld.ca.

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CAREERS

Cover all the bases in one page

SHUTTERSTOCK

With snappy Facebook status updates and 140-character tweets dominating how we communicate, writing an effective cover letter can be intimidating. However, says one employment expert, while cover letter writing has changed, it doesn't necessarily reflect the social media trend of less is more.

"Because employers are limited on time when reviewing 200 applications, you want to engage them right away, but that doesn't mean details don't matter," says Sandy Hudson, an employment facilitator at Winnipeg Transition Centre, which provides employment counselling and job search assistance services. "Don't fear that you're going to look too passionate."

But before you start writing, Hudson says, it is important to understand that while a resumé and cover letter are complementary documents, there is a difference between the two. Knowing that distinction, she says, will help prevent overlapping information.

"The cover letter is to introduce your resumé," Hudson says. "It allows room for feelings, making it more personal. It also provides the employer with additional information as to why you are a good candidate for the job. Meanwhile, the resumé is just the facts."

Researching the company before you start writing is one of the best ways to not only make your cover letter stand out, but also to ensure you really want to work at the company to which you are applying, Hudson says.

"You have to mention why you want to work there. Some people say, 'I can't find a reason' and my answer is, 'Don't apply then.' Employers would much rather hire someone who wants to work for them than someone who wants a job."

The standard length for cover letters remains a single page, Hudson says. The limited amount of space will require a well thought out structure that includes, aside from the reason you are applying somewhere near the top of the letter, how you meet the needs of the position and company, as well as any additional information.

"In the last paragraph, address the elephants in the room such as skills or career gaps. And also speak of any added value you bring that may not have been in the job description."

– Izabela Szydlo

PATAL VOCATIONAL SCHOOL PHOTO

ALL THE RIGHT INGREDIENTS

Patal Vocational School culinary arts students not only have the option of getting their foot in the kitchen door with a diploma, but may also challenge the first level of the provincial cook exam and graduate with Level 1 in-school training — the initial step in becoming an apprentice.

"If students pass the provincial exam, they can register as an apprentice and complete approximately 18 months of employment under a Red Seal chef," says Patal Vocational director Terry Sakiyama. "They would then qualify for Level 2, which is technical training, and after passing a final exam, become Red Seal chefs."

The Red Seal certification is interprovincial, which provides greater ease for mobility throughout Canada. However, Sakiyama says, students who choose the diploma route are not at a disadvantage, as the culinary arts field is vast.

"There is a lot of work," Sakiyama says. "Our students are prepared for all areas of the food service industry, including restaurants, catering companies, cafeterias, camps, hotels, and seniors' homes.

"We have a baking program, too, and a lot of times students will take both baking and culinary arts because if they go into personal care homes or smaller style cafeterias they often have to bake, as well."

The 39-week culinary arts program is geared towards those looking to launch or advance their career. It includes theory, practical experience and on-the-job training.

A COMMITMENT TO WINNIPEG JOBS

GROW AND EXPAND YOUR SKILLS WITH 24-7 INTOUCH

If you are looking for seasonal work over the upcoming holidays or a permanent position, want to launch a career with room to not only move up, but also into different areas as your interests shift, and enjoy interacting with people and problem-solving, there is a spot for you at 24-7 Intouch, says Marc Lloyd, the company's vice-president of human resources.

"Many new employees have arrived thinking of this as a shorter term opportunity, but quickly took it from a job to a career," Lloyd says of the multi-channel contact centre specializing in inbound customer service solutions. "There is a strong culture of promoting from within and opportunities range from operations management and IT to accounting and finance, as well as human resources."

CONTRIBUTED

With a new customer service centre, which will house 500 employees and serve as one of 24-7 Intouch's flagship facilities, set to open shortly, the company's commitment in the Winnipeg job market will be strengthened even more, says Deanne Harrison, director of human resources.

"We see promise in the types of talent that we find here and want to continue to grow that," she says. "There are misconceptions about call centres and we're trying to change what it means to be a contact centre agent. We're an innovative and fast-growing organization with an entrepreneurial spirit, so we want people to have fun and be excited to grow with us."

Part of the innovation at 24-7 Intouch, whose clients include retailers, technology and consumer packaged goods companies that sell everything from food to makeup, is its multi-channel approach. This, Lloyd says, allows employees' strengths to be highlighted.

"In addition to the phone, we communicate with clients and customers via email, live chat or social media," he says. "We have employees who arrive loving the idea of engaging customers through live chat and others who enjoy voice contact, but just because someone joins the company in a particular channel doesn't mean they're locked in for life. There's always room to grow, expand new skills and move throughout the 24-7 Intouch environment."

CONTRIBUTED

Rebate helps pay for your education

The tuition fee income tax rebate allows young Manitobans to save up to $25,000 on their income tax.

The Manitoba tuition fee income tax rebate helps young people pay for their education while they live and work in Manitoba by providing post-secondary graduates with a 60 per cent income tax rebate on their eligible tuition fees.

Students who graduated with a degree, diploma or certificate from a post-secondary institution recognized by the Canada Revenue Agency on or after Jan. 1, 2007, and now work and pay taxes in Manitoba can benefit from the Manitoba tuition fee income tax rebate.

It doesn't matter if their post-secondary training took place in Manitoba or elsewhere.

Students are entitled to receive a 60 per cent income tax rebate on their eligible tuition fees up to a maximum benefit of $25,000.

Here are some examples of what this rebate could mean to you: With a sample tuition fee of $40,000, a 60 per cent rebate would equal $24,000; a tuition fee of $25,000 would equal $15,000; and a tuition fee of $5,000 would equal $3,000.

Provided they are living in Manitoba, post-secondary students can apply for the rebate while they are going to school. They can claim a rebate advance in the form of a refundable five per cent tax credit advance on their tuition and ancillary fees.

Students can claim their tuition fee rebate on their personal tax returns. Simply complete the T1005, Manitoba's graduate's tuition fee income tax rebate, to calculate the amount to claim on form MB428 — Manitoba tax.

To find out more about how Manitoba's tuition fee income tax rebate can help students put money in their pockets as they put down roots in Manitoba, call the Manitoba tax assistance office at 204-948-2115 or toll-free at 1-800-782-0771.

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Staying close to friends and family. Owning your own home at a price you can afford. A tax rebate that allows you to save up to $25,000 on your Manitoba income tax. There is no better time to build your future here at home.

Find out how you can receive a tax rebate for up to 60% of your tuition, as much as $2,500 a year. That extra cash will go a long way to paying back your student loans, saving for a house, or maybe even starting a family.

To claim your savings, simply complete the T1005 form when you file your Manitoba income tax.
STEADY GROWTH
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SUCCESS IS IN THE PLANNING

Planning for hiring needs, says one recruiter, should be at the top of any employer's priority list — whether to meet the demands of the upcoming holiday season or to manage regular staffing ebb and flow.

Jay Myshkowsky

"Your team can change in an instant. How ready is your team for change? How ready are you?," asks Jay Myshkowsky, managing director of Accountants Now, which specializes in accounting and finance recruitment and is under the umbrella of Pinnacle, Manitoba's largest recruitment firm. "Do you have a top performer in every seat? What is it costing your organization to have substandard production?"

Accountants Now helps organizations work through such questions by identifying gaps with personnel and assisting in streamlining internal processes to ensure a company gains employees with the right skills and experience, Myshkowsky says.

"We've helped thousands of employers transition great employees onto their team on short notice and keep teams performing at high levels, whether your need is temporary or permanent, entry level through executive."

Employers, however, aren't the only ones who should be planning ahead. Myshkowsky says we should all be thinking about our next career move.

"While you may be content in your career, it does not mean that there will not be a dynamic shift in the organization tomorrow that could affect your employment future. Every employee should proactively establish a working relationship with a recruiter. Develop a rapport and be the person they think of when change occurs."

When contemplating a career move, Myshkowsky says, there are a few factors to consider and, surprisingly, compensation shouldn't take top billing.

CONTRIBUTED

"The move needs to be because of some ceiling that is insurmountable, and it cannot be a monetary ceiling," he says. "The barrier needs to be about career progression."

If the prospect of career advancement is exciting, but a bit overwhelming, Myshkowsky says, companies like Accountants Now can equip you with the tools you need for success.

"From interview skills, through negotiating employment contracts, we walk with our candidates hand in hand throughout the whole process."

For more, visit AccountantsNow.jobs.

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Roger Federer is out of the Shanghai Masters after losing to Albert Ramos-Vinolas in the 2nd round

Winnipeg Jets defenseman Mark Stuart and teammates gather around centre Bryan Little, left of group, to celebrate Little's goal on Henrik Lundqvist. KATHY KMONICEK/THE ASSOCIATED PRESS

Four-midable Jets make short work of Rangers

NHL

Hutchinson's work in goal complements Little's double

Brian Little scored twice and Michael Hutchinson made 40 saves to lead the Winnipeg Jets to a 4-1 win over the New York Rangers on Tuesday night.

Nikolaj Ehlers and Mark Stuart each added a goal for Winnipeg, which improved to 3-1-0. The victory ended a four-game road trip to begin the season for the Jets.

Despite being outshot 20-8 in the period, the Jets went into the second intermission with a 2-1 lead thanks to Little's short-handed goal at 18:49.

Little, whose 52 points were third most on the Jets last season, one-timed a feed from Jacob Trouba.

His power play goal at 10:35 of the third period sealed the game for the Jets, who handed New York its first loss of the season.

Henrik Lundqvist made 24 saves. Mats Zuccarello scored New York's lone goal.

The Rangers actually led 1-0 when Zuccarello's third goal of the season opened the scoring 6:45 into the game. The sequence began with Rick Nash harassing Blake Wheeler into an offensive zone turnover. Nash dumped it to Derick Brassard, who quickly found an uncovered Zuccarello.

The advantage lasted for all of 46 seconds.

Ehlers tied the game 1-1 with a power play strike from above the right faceoff circle. Stuart's empty netter at 17:56 ended the scoring.

Winnipeg scratched defencemen Paul Postma and Ben Chiarot, and right wing Anthony Peluso before the game.

THE ASSOCIATED PRESS

TUESDAY in New York

4	1
JETS	RANGERS

Rangers centre Derek Stepan shoves Jets defenseman Adam Pardy against the boards. KATHY KMONICEK/THE ASSOCIATED PRESS

HOCKEY

Ovechkin sits out Caps' game against Sharks for personal reasons

Alex Ovechkin sat out the Washington Capitals' game Tuesday night against San Jose because of personal reasons.

The Capitals sent out a note on Twitter about 35 minutes before the game saying Ovechkin would not play.

They had confirmed earlier in the day that the left wing did not take part in the team's morning skate, and coach Barry Trotz said he would be a game-time decision.

Ovechkin had a goal and an assist in Saturday night in Washington's season-opening victory over New Jersey. The Russian star missed only one game last season.

THE ASSOCIATED PRESS

Canada women's team to give new goalies a chance at Four Nations Cup

Canada will be green in goal at the Four Nations Cup women's hockey tournament.

Hockey Canada has announced the country's 22-player roster for the tournament Nov. 4-8 in Sundsvall, Sweden.

Canada is the defending champion having beaten the U.S. women 3-2 in a shootout in last year's final in Kamloops, B.C. Finland and Sweden round out the tournament field. Canadian goaltenders Emerance Maschmeyer of Bruderheim, Alta., and Erica Howe of Orleans, Ont., have fewer than five career starts for the national team between them.

"We know what we have in some of our other goalies, but it's important to give some of these young players an opportunity to see what they can with the senior team," head coach Laura Schuler said Tuesday.

Shannon Szabados, Canada's winning goalie in both the 2010 and 2014 Olympic finals, is playing men's pro hockey for the Southern Professional Hockey League's Columbus Cottonmouths.

THE CANADIAN PRESS

Gibbons acknowledges first post-season 'intense'

GAME 5 PREVIEW

Jays manager making hard pitching calls to get job done

Down 2-0 in the American League Division Series, Blue Jays manager John Gibbons did not look his normal relaxed self in the visiting manager's office at Globe Life Park.

A persistent hacking chest cold was no doubt responsible for the grey look. But Toronto's predicament wasn't helping. One more slip-up and the Jays' dream season was over.

"It has happened fast," Gibbons acknowledged. "I think a week ago today we were sitting down in Tampa taking the Sports Illustrated (cover) picture."

Two wins later, the series with Texas is even and Toronto can dispatch the Rangers on Wednesday from the comfort of its home stadium.

Gibbons has made some hard decisions along the way in the pressure-filled playoff cauldron where three losses can quickly trump the 93 wins in the regular season.

Prior to Game 3, he was asked whether his first foray into the post-season had proved more challenging than expected.

"I don't know if it's harder than you imagine. It's definitely more intense. I don't know. I can't really answer that yet. I've loved every minute of it but there's definitely a different feel in these games than your normal games," he said.

"But it's still baseball. You still have to execute, you still have to do your thing."

John Gibbons speaks with reporters during a news conference in Toronto on Tuesday, ahead of Game 5 in the ALDS. NATHAN DENETTE/THE CANADIAN PRESS

In the leadup to the post-season, Gibbons looked after his players.

He let them celebrate the franchise's long-awaited return to the playoffs. He gave them time off to recover. He handed the ball to veteran LaTroy Hawkins in the game that clinched the AL East title. And in another sign of respect, he gave Mark Buehrle a bonus start in a bid to reach 200 innings pitched for the 15th straight season.

With the season on the line Monday, Gibbons played hardball.

Despite being up 7-1, he pulled R.A. Dickey after he yielded a single with two outs in the fifth, denying the 40-year-old knuckleballer a win in his first-ever post-season start.

He inserted David Price, effectively using up the Game 1 starter in a relief role.

Both players relished the chance to go back to Toronto with the series still alive but neither seemed too chuffed about how they got there.

With Brett Cecil injured and fellow left-hander Aaron Loup unavailable because of a family matter, Gibbons had few southpaw options against a Texas batting order bristling with five lefties.

> **It has happened fast. I think a week ago today we were sitting down in Tampa taking the Sports Illustrated (cover) picture.**
> John Gibbons on losing the first two games of the series

When he was taken out, Dickey was facing the meat of the Rangers order with left-hander Shin-Soo Choo and Adrian Beltre, who had a combined four hits in the game, with lefties Prince Fielder and Mitch Moreland to follow with Josh Hamilton on deck.

"What we didn't want to happen is a couple guys on base," said Gibbons. "Choo comes up. And R.A. has been known to give up the fly balls, launch it. Maybe if that should happen now they're right back in the game."

Dickey was asked whether he thought the move meant his manager didn't trust the knuckleball. "I sure hope not," he answered. "I would hate to think that's the case."

Those on Gibbons' side will argue he made the most of his resources, utilizing Price in the form of a flame-retardant in Game 4 — while leaving Game 5 in the red-hot, confident hands of young Marcus Stroman. THE CANADIAN PRESS

NLDS

Playoff history as Cubs oust St. Louis

TUESDAY in Chicago

6	4
CUBS	CARDINALS

The Chicago Cubs clinched a post-season series at Wrigley Field for the first time ever, getting home runs from Kyle Schwarber, Anthony Rizzo and Javier Baez in beating the St. Louis Cardinals 6-4 Tuesday to win the National League Division Series in four games.

A day after hitting a post-season-record six homers, the Cubs hammered their way into the NL Championship Series by taking the best-of-five set before a rollicking crowd.

Manager Joe Maddon's bunch of wild-card Cubs will face the winner of the Los Angeles Dodgers-New York Mets matchup.

The Mets took a 2-1 series lead into Game 4 Tuesday night. The Cubs last reached the NLCS in 2003, when they lost in seven games to the Marlins. Chicago dropped those final two at home, including the infamous Bartman defeat in Game 6.

Wrigley Field hosted its first Cubs game in 1916, eight years after they last won the World Series. The Cardinals failed to reach the NL Championship Series after playing there the past four years.

"You can judge us whatever way you want," manager Mike Matheny said. "We have to look in the mirror."
THE ASSOCIATED PRESS

RANGER ACE

Hamels on a roll

The Texas Rangers have won their last 11 games started by Cole Hamels.

They needed each of those victories to get this far, and their season will be over without another one Wednesday.

"It's why you go out and get top performers, elite competitors ... situations exactly like this," Rangers manager Jeff Banister said Tuesday. "That's a comforting feeling that we've got a guy that's going to go for us that has done it and is quite capable of continuing to do it." THE ASSOCIATED PRESS

JAYS-RANGERS

Starter Stroman excited by Game 2 rematch

The Toronto Blue Jays are putting their faith in Marcus Stroman with their season on the line against the Texas Rangers in Game 5 of the American League Division Series.

The 24-year-old, who missed the majority of the season with a torn ACL in his left knee, is set to face playoff veteran Cole Hamels in the deciding game of the first-round series Wednesday afternoon.

"He's done it in the playoffs, he's proven and he's nasty," Stroman said. "I just look forward to competing against Cole Hamels."

> **He's done it, he's proven and he's nasty.**
> Stroman on Hamels

Hamels was the World Series MVP in 2008, and Stroman will be making his second career post-season start.

"There's something different about him," manager John Gibbons said. "If anybody can rise to the occasion it'll be him."

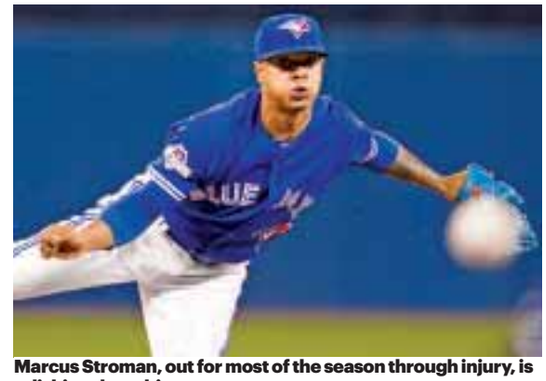
The pressure is on Stroman after the Blue Jays opted to use ace David Price in relief of R.A. Dickey in Game 4.

Gibbons said Price is "not here to be abused" and that he wouldn't count on the star lefty being available for Game 5 at Rogers Centre.

Without Price, Aaron Loup would be the only left-hander available out of the bullpen.

But Loup's status is unclear after he missed Game 4 with a personal matter.

Gibbons said he did not know if Loup would be available. THE CANADIAN PRESS



Marcus Stroman, out for most of the season through injury, is relishing these big games. FRED THORNHILL/THE CANADIAN PRESS

RECIPE Pumpkin Pasta with Ricotta and Sage

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't just save pumpkin for pies. It's great in a sauce for pasta, too.

Ready in
Prep time: 20 minutes
Serves 4

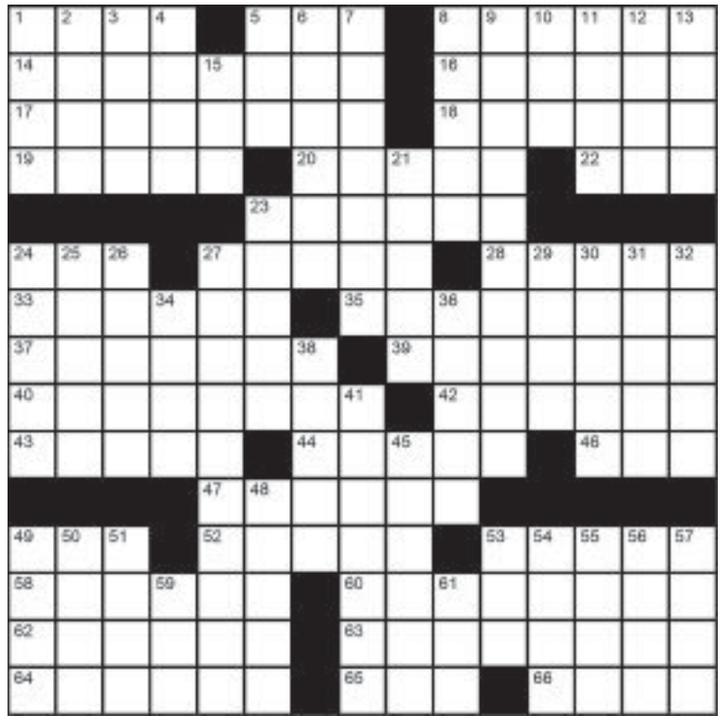
Ingredients
- 500 g pasta
- 1 Tbsp olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh chopped sage, plus more for garnish
- 1/4 cup ricotta
- 1 cup pumpkin purée
- 1 cup chicken broth
- fresh grated nutmeg to taste
- Salt to taste
- 1/4 cup water
- 1/2 cup Parmesan cheese, plus more for garnish

Directions
1. Cook the pasta according to package directions. Once the pasta has reached al dente, reserve 1/4 cup of the cooking water and drain the rest.
2. While your pasta is cooking, heat olive oil in a large skillet over medium heat. Add the shallots, garlic and sage and cook until tender, about 5 to 7 minutes. Add the ricotta, pumpkin purée, chicken broth, nutmeg and a pinch of salt; stir until combined.
3. Stir in the pasta and coat with the sauce. Add reserved pasta water to thin the sauce to desired consistency. Mix in the Parmesan cheese.
4. Serve the pasta with a sprinkling of Parmesan cheese and chopped sage.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Tread
5. Like Beethoven's 'Pastoral' symphony, __ Major
8. Go round and round
14. Gordon Lightfoot's "__ Highway"
16. Paradise of Arthurian legend
17. Where Grizzlies catch salmon
18. President Reagan
19. Figs' friends
20. Southern Alberta town
22. Where the Capitals play hockey, briefly
23. Tune
24. Dowel
27. Trait carriers
28. Amass
33. Urge on
35. Ship like the type on the Canadian dime
37. Penitent people
39. Certain car company
40. Product stored/transported by Canadian company Gibson Energy: 2 wds.
42. Horse's proud strut
43. Rock band, with Van
44. Ecological stages
46. "Is that so?" remarks
47. Volcano opening
49. Camel hair garment
52. Handles on swords
53. "_ _ Told You Lately" by Van Morrison
58. __ tasks (Chores of drudgery)
60. Kitchen drawer items
62. Pink-eraser-topped implement
63. Autumn weather occurrence: 2 wds.
64. Directs
65. U2 producer Brian
66. Dick Tracy's beloved

DOWN
1. Gulf War missile
2. Spanish appetizer
3. Once
4. Rocker Mr. Wentz
5. Pique
6. Tidy up
7. Shes
8. Showed concern
9. "Hello Honey" up-and-coming band from London, Ontario: 2 wds.
10. Escaped
11. Purr-er's paw part
12. The Kinks hit
13. Calls off
15. Belonging to Paris' Ii'l country
21. Power tools brand
23. Movies... First 'M' of MGM
24. Georgia's state fruit
25. Surplus
26. Tomb's thief
27. TD Canada Trust's comfy symbol: 2 wds.
29. Charlie and __ (Parents of actress Geraldine Chaplin)
30. "Well... yes __ __." (Indecisive response)
31. Contact/get through
32. Becomes moistureless
34. Wave: French
36. Overly active
38. Carpeting choice
41. Sandwich ingredient
45. Lean against: 2 wds.
48. Streamlets
49. _ up (Escalates)
50. Salad bar item grasped with small tongs
51. Queen Elizabeth's only daughter
53. 100, for short
54. Legal gig, __. DA
55. Big name in short videos
56. Old music high notes
57. Web connectors, commonly
59. Rink surface
61. Jeff Lynne's gr.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
According to the planets you have buried your feelings at such a deep level it seems they no longer exist. But they do and you need to let one person know you still love them.

Taurus April 21 - May 21
You could do worse today than let a friend or family member call the shots. The planets indicate that you will gain more by doing less things for yourself. Go ahead, get spoiled.

Gemini May 22 - June 21
You have carried a lot of responsibility on your shoulders of late but over the next two or three days you need to find ways to lessen the load. A burden shared is a burden halved, so get loved ones to help you.

Cancer June 22 - July 23
You won't be as distant emotionally and that's good. It is sometimes difficult for even those closest to you to know what your true feelings are but for a while at least you will be more open and loving.

Leo July 24 - Aug. 23
What is right for you may be wrong for someone else, and what is right for them may be wrong for you. You may not approve of someone's actions but it is not your place to judge.

Virgo Aug. 24 - Sept. 23
Now is not the time to be confrontational, either at home or at work. Others will listen to reason today but they won't listen to anything that sounds like a threat.

Libra Sept. 24 - Oct. 23
At this time of year, when the Sun is in your sign, you tend to push yourself hard, but if you go beyond your limits today you may regret it.

Scorpio Oct. 24 - Nov. 22
You don't have to be on top of things every minute of every day. Yours is a sign that values hard work and leads from the front but the planets indicate you will achieve twice as much as you usually do with only half the effort.

Sagittarius Nov. 23 - Dec. 21
For some strange reason you have got it into your head that you have fallen short of what was expected of you. That's nonsense. Overall you are still streets ahead of your rivals.

Capricorn Dec. 22 - Jan. 20
Do whatever it takes to get along with people you do business with. That does not mean you must do everything they say, but at least treat them as equals — even if they are not.

Aquarius Jan. 21 - Feb. 19
Employers and authority figures will encourage you to make more of your talents. Take center stage, because you will find that being in the spotlight actually feels good.

Pisces Feb. 20 - March 20
Go where your instincts take you and ignore those who say you have got it wrong. Never be afraid to take a few risks. That applies especially to affairs of the heart. Travel for pleasure.

CONCEPTIS SUDOKU by Dave Green

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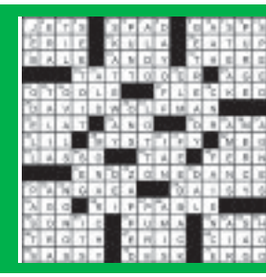

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